Cardio Sculpt
Spring 2020 Session II (March 3rd – April 28th)

Registration is already underway!
The SU fee for Southwestern students, faculty, staff, retirees, alumni, and their respective spouses or significant others is $20.00 for 1 day/week (choose one day) or $40.00 for 2 days/week (Tues/Thurs). The Public rate that all applies to all other individuals is $40.00/$80.00 for 1-2 days/week.

SPACE IS LIMITED!! To register, please fill out the SIRA Fitness Online Registration Form: https://www.southwestern.edu/life-at-southwestern/intramural-recreational-activities-sira/fitness-and-wellness/. Participants may pay for class on-line (with a Pirate Card) or pay via check (make checks payable to “Southwestern University”) to the SIRA Office (CJR215) or via campus mail.

Session Schedules and Format
Tuesdays and Thursdays from 12:00-12:50pm in the CJR Aerobics Room

Cardio Sculpt will use a variety of different class formats to provide both strength training and a cardiovascular workout each day. This class will regularly incorporate circuit training, interval work, walking/jogging and/or step workouts, as well as the use of weights and bands to keep things new and challenging for participants. This fun, fast-paced class does not require previous experience with group fitness workouts just a willingness to try something new in a friendly and supportive environment.

Instructor Qualifications
Jamie Bradford is the instructor for this class. Jamie is an AFAA certified group fitness instructor with 10 years of experience teaching fitness classes and she is also CPR/AED certified.

More information(?) Contact Derek Timourian at 512-863-1665 or timourid@southwestern.edu