

# SOUTHERN MISS GROUP EX SCHEDULE

JANUARY INTERIM  
JAN 6 - 17

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SUNDAY**

**MAGNOLIA STUDIO**

6:30-7:20 AM	EAGLE STRONG		EAGLE STRONG		EAGLE STRONG
8:30-9:30 AM					
9:00-10:00 AM	GENTLE YOGA FLOW	SSB	GENTLE YOGA FLOW	SSB	
12:10-12:50 PM	YOGA		YOGA		YOGA
1:30-2:20 PM					
4:45-5:15 PM	BOOTCAMP EXPRESS	BOOTCAMP EXPRESS			
5:00-5:25 PM				TRANSFORM	
5:30-6:20 PM	CARDIO CONDITIONING	20/20/10	CARDIO KICKBOX	HIIT	
6:30-7:20 PM	BEGINNER YOGA	BOXING BOOTCAMP		BOXING BOOTCAMP	

**DOGWOOD STUDIO**

6:30-7:20 AM	
4:30-5:20 PM	
4:45-5:15 PM	
5:30-6:20 PM	STEP & SCULPT
6:30-7:20 PM	
7:30-8:20 PM	

**SPIN STUDIO**

6:30-7:20 AM	
4:30-5:20 PM	
5:30-6:00 PM	
5:30-6:20 PM	CYCLE
6:30-7:20 PM	
	SPIN

**NATATORIUM POOL**

9:00-9:50 AM	AQUA FUSION	AQUA FUSION	AQUA FUSION
5:30-6:30 PM			

\*ALL CLASSES ARE FREE  
EOE/F/M/VETS/DISABILITY

FOR SCHEDULE & UPDATES ON GROUP FITNESS CLASSES LIKE OUR FACEBOOK- SOUTHERN MISS FITNESS



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**Eagle Strong:** This bootcamp class will give you just the right amount of challenge and intensity from our very own Personal Trainers at the Payne Center. This workout utilizes all forms of exercise like HIIT, strength training, cardio, core, and plyometrics moves to give you an amazing functional workout! All fitness levels are welcome!

**Aqua Fusion:** This water based class is the perfect blend of cardio intervals, strength exercises, and kickboxing moves that will give you the full body workout you are looking for. Don't let the water fool you, you will burn calories and leave sweating! This class is designed for all fitness levels.

**BOXING Bootcamp:** Punch your way to fitness or come to relieve some stress. This drill- based class will utilize our punching bags giving you a heart pumping workout while working your cardiovascular system and muscle endurance. No boxing experience is needed

**Cycle:** Join us for an amazing indoor bike riding workout utilizing flat roads, hills, and intervals to keep you guessing and your heart rate racing!

**Stretch, Strength, and Balance (SSB):** This class focuses on functional movements that aim to increase your strength and improve balance and flexibility. These components are essential to a well-rounded exercise program and can offer great variety to your exercise routine!

**20/20/10:** This all-in-one workout will use a variety of equipment to give you 20 minutes of cardio, 20 minutes of strength training, and ten minutes of core.

**Trasform:** This 30 min, high intensity, cardio conditioning class, utilizes a step for an effective, efficient workout.

**Step & Sculpt:** This class incorporates both cardio and weight lifting into one unique session. Get your daily bout of cardio in by stepping up to a beat, then continue on with weight training techniques that keep your heart rate up and your muscles activated. Rhythm can be required, but don't get discouraged! Practice makes perfect!

**Yoga:** This mind/body class utilizes basic Yoga movements to improve your flexibility, posture, and balance while strengthening the core. This is a great class to relieve stress and relax your mind! All classes are modified for each fitness level and beginners are always welcomed in every class.

**Gentle Yoga Flow:** Perfect for people that are new to yoga because it runs at softer pace or tempo.

**Cardio Conditioning:** This class is a high energy cardio workout that will have you sweating, smiling and having fun! You will experience various styles of cardio such as kickboxing, circuit training, cardio exercises, and bodyweight exercises, followed by short active recovery periods. Modifications may be used and all fitness levels can benefit.

**Bootcamp Express-** This class is the shorter version of our Eagle Strong class. This 30-minute class will be short but sweet incorporating all types of exercises that include HIIT, dumbbells, plyometrics, cardio, and core! If your pressed for time this is the perfect class for you.

**H.I.I.T (HIIT BC):** High Intensity Interval Training is the new go to work out! This class incorporates interval training with an active recovery. High intensity movements are performed for a given time followed by some active recovery exercises. HIIT training keeps you guessing, but allows you to work at your own pace and get what you want out of your workout. All fitness levels are welcomed and all exercises can be modified.



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SOUTHERN MISS  
CAMPUS RECREATION

- Please bring a towel and water bottle to every class.
- Please be on time to class. Instructors have the right to turn away participants that arrive more than 5 minutes late.
- These classes are based on a first come, first serve basis.
- Communicate with the instructor if you need to leave early or have questions about the class equipment.
  - Please be sure to clean equipment before and after class begins and ends.
  - Spinning cleats are only permitted inside of the spinning studio.

JOIN OUR FREE CLASSES!

EOE/F/M/VETS/DISABILITY