

# SOUTHERN MISS GROUP EX SCHEDULE

DECEMBER INTERIM  
NOVEMBER 30 - DECEMBER 18

MONDAY

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

## GYM COURT 4

9:00-10:00 AM		SSB		SSB	
12:10-12:50 PM	YOGA 		YOGA		YOGA
2:00-2:50 PM					
3:00-3:30 PM		BODY BLAST			
4:00-4:50 PM					
4:30-5:20 PM				YOGA	
5:30-6:20 PM		HIIT 			



SELECT GROUP EX CLASSES ARE OFFERED IN PERSON AND VIRTUALLY THROUGH ZOOM. TO REGISTER, EMAIL [FITNESS@USM.EDU](mailto:FITNESS@USM.EDU)



## NOW OFFERING CLASSES OUTSIDE OF THE PAYNE CENTER

6:30-7:20 AM  
12:10-12:50 PM  
6:30-7:20 PM

## NATATORIUM POOL

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

Campus Recreation requires participants to wear masks and maintain 10 feet physical distance when exercising.

FOR SCHEDULE & UPDATES ON GROUP FITNESS CLASSES LIKE US ON FACEBOOK @ USMCampusRec

\*ALL CLASSES ARE FREE



EOE/F/M/VETS/DISABILITY

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**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.

**Body Blast** is a cardio charged workout that is high energy and motivating! This is a high intensity interval training class that incorporates challenging cardio segments, resistance training, and intense core work using diverse fitness equipment to blast your body into shape fast.

**H.I.I.T.:** 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.

**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.

**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.

- 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.



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JOIN OUR FREE CLASSES!



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