

# SOUTHERN MISS GROUP EX SCHEDULE

FALL | 2021  
AUGUST 23 - OCTOBER 8

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SUNDAY**

## MAGNOLIA STUDIO

6:30-7:20 AM

9:00-9:50 AM

12:10-12:50 PM

YOGA

YOGA

YOGA

2:00-2:50 PM

4:30-5:20 PM

5:30-6:20 PM

H.I.I.T

STEP

DANCEFIT

ZUMBA

6:30-7:20 PM

CARDIO KICKBOXING

HIP HOP

YOGA

CARDIO KICKBOXING

## DOGWOOD STUDIO

4:30-5:20 PM

5:30-6:20 PM

6:30-7:20 PM

TRX

BOOTCAMP

## SPIN STUDIO

9:00-9:50 AM

5:30-6:20 PM

6:30-7:20 PM

SPIN

SPIN

SPIN

## NATATORIUM POOL

9:00-9:50 AM

6:00-6:50 PM

AQUA FUSION

AQUA FUSION

AQUA ZUMBA

PADDLEBOARD YOGA

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.

**Aqua Zumba:** Using water resistance and high energy this class is excellent for aquatic exercise. Blending the traditional elements of Zumba the instructor shows different variations of exercises while staying on the beat! Great for all levels of fitness. Everyone is welcomed to join the party!

**Boot Camp:** Come to relieve some stress. This drill based class will utilize minimal equipment and your body weight to give you a heart-pumping workout working your cardiovascular system and muscle endurance. Every fitness level welcomed!

**Cardio Kick Boxing:** This group fitness class combines martial arts techniques with fast-paced cardio. This high energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories with this fun and challenging workout.

**Dance Fit:** is a type of group exercise class that incorporates some or many forms of dance. It's an aerobic workout, divided into different tracks that provide peaks and troughs of intensity. The overall intensity of a class varies depending on the style you're doing.

**HIIT:** Interval Training done right. This class involves high intensity movements for a given time followed by short rest intervals. 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 welcome and all exercises can be modified.

**Paddleboard Yoga:** Take your practice to the pool! Doing yoga on the paddleboard can offer a unique experience while helping to increase your core strength and balance, while receiving the benefits of yoga at the same time. All you need is your bathing suit and towel and will meet in our newly renovated indoor pool!

**Spin:** Join us in our spin studio for an amazing cardio workout utilizing flat roads, hills, and intervals to keep you guessing and your heart rate racing!

**Step:** 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!

**TRX:** This class will demonstrate the versatility of the TRX Suspension Trainers while giving you the strength, cardio, and core workout that you have been looking for. This is the perfect way to spice up your workout! All fitness levels are welcome!

**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.

**Zumba:** Inspired by Latin based music this class offers a cardio activity while teaching you the basics of Salsa, Cumbia, Reggaeton, and Merengue. No experience necessary!

- 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!



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