

SOUTHERN MISS GROUP EX SCHEDULE

WINTER FINALS
December 4 - 11

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

DOGWOOD STUDIO

6:30-7:20 AM						
9:00-9:50 AM						
12:10-12:50 PM	YOGA		YOGA	YOGA	YOGA	
2:00-2:50 PM						
4:00-4:50 PM						YOGA
5:30-6:20 PM		YOGA	HIP HOP	EAGLE STRONG BOOTCAMP		PILATES

SPIN STUDIO

6:00-6:50 AM					
9:00-9:50 AM		SPIN			
5:30-6:20 PM	SPIN		SPIN		
6:30-7:20 PM					

NATATORIUM POOL

9:00-9:50 AM	AQUA FUSION
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*ALL CLASSES ARE FREE

FOR SCHEDULE & UPDATES ON GROUP FITNESS CLASSES FOLLOW US ON SOCIAL MEDIA

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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.

EAGLE STRONG BOOTCAMP- This boot camp 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 plyometric moves to give you an amazing functional workout! All fitness levels are welcome!

HIP HOP- This group format is a fun and energetic 50 minute class that takes hip hop dance to the next level! We will build our cardio and sculpt our bodies while dancing to today's hits. No dance experience needed and any fitness level is welcome! Together we will break a sweat, and have a blast while doing it.

PILATES: Pilates is a form of exercise which strengthens the body with an emphasis on core strength with small, low-impact movements. These work to improve general fitness and overall well-being. Pilates helps improve posture, balance, and flexibility.

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

YOGA- Build strength and endurance in this yoga flow for all levels. We will incorporate resistance training with weights and other props, as well as light cardio for a full-body workout.

- 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 served 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