

SOUTHERN MISS GROUP EX SCHEDULE

FALL 2020
SEPTEMBER 8 - NOVEMBER 20

MONDAY

TUESDAY











WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

GYM COURT 4

9:00-10:00 AM	GENTLE YOGA	SSB	GENTLE YOGA 	SSB	CARDIO DANCE FUSION
12:10-12:50 PM	YOGA 		YOGA		YOGA 
2:00-2:50 PM		BUTTS & GUTS 		BUTTS & GUTS	
4:30-5:20 PM	CARDIO DANCE FUSION 			BARRE INTENSITY 	
5:30-6:20 PM	CARDIO CONDITIONING 	STEP	HIP HOP 	ZUMBA 	
6:30-7:20 PM			CARDIO KICK BOXING 	BODY WEIGHT BOOTCAMP	YOGA

 SELECT GROUP EX CLASSES ARE OFFERED IN PERSON AND VIRTUALLY THROUGH ZOOM. TO REGISTER, EMAIL FITNESS@USM.EDU 

NOW OFFERING CLASSES OUTSIDE OF THE PAYNE CENTER

6:30-7:20 AM	EAGLE STRONG	EAGLE STRONG	POWER YOGA	EAGLE STRONG
12:10-12:50 PM		WALK/RUN		
6:30-7:20 PM		SUNSET YOGA	SUNSET YOGA	

*EAGLE STRONG WILL MEET AT PRIDE FIELD.

*WALK/RUN WILL MEET IN PAYNE CENTER ATRIUM.

*SUNSET YOGA WILL MEET AT THE POWERHOUSE. DON'T FORGET TO BRING YOUR MAT!

NATATORIUM POOL

9:00-9:50 AM	AQUA FUSION	AQUA FUSION	AQUA ZUMBA
5:30-6:30 PM		PADDLE BOARD YOGA	

Campus Recreation requires participants to wear masks and maintain 10 feet physical distance when exercising.
FOR SCHEDULE & UPDATES ON GROUP FITNESS CLASSES LIKE OUR FACEBOOK- SOUTHERN MISS FITNESS

*ALL CLASSES ARE FREE



EOE/F/M/VETS/DISABILITY

SOUTHERN MISS GROUP EX SCHEDULE

FALL 2020
SEPTEMBER 8 - NOVEMBER 20

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!

Barre Intensity (& Barre): combines attributes of Pilates, dance, and functional fitness training. We incorporate small isolated movement to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count.

Body Weight Kickboxing: 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 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 body weight exercises, followed by short active recovery periods. Modifications may be used and all fitness levels can benefit.

Cardio Kickboxing: 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.

Cardio Dance Fusion: This high-energy cardio class is a combination of many dance styles: Hip hop, Jazz, Latin, etc. You won't even remember that you are working out!

Eagle Strong: 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 plyometrics moves to give you an amazing functional workout! All fitness levels are welcome!

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

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

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.

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!

Power Yoga: Through a rejuvenating, consistent rhythm, this fast paced class focuses on a power yoga vinyasa flow that introduces flexibility to the body, as well as strengthens the mind and the body.

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!

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.

Sunset 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.

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.



JOIN OUR FREE CLASSES!



EOE/F/M/VETS/DISABILITY