

SOUTHERN MISS GROUP EX SCHEDULE

FINALS WEEK
May 8-11

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

12:10-12:50 PM	YOGA
5:30-6:20 PM	HUSTLE AND MUSCLE
6:30-7:20 PM	MEDITATION 101

DOGWOOD STUDIO

12:10-12:50 PM		TRX	YOGA	YOGA
3:00-3:50 PM	EAGLE STRONG		BUTTS AND GUTS	
5:30-6:20 PM	BOXING BOOTCAMP	STEP/SCULPT	HIP HOP	

SPIN STUDIO

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

NATATORIUM POOL

9:00-9:50 AM	AQUA FUSION		AQUA JOG	
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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.

AQUA JOG- Tired of the treadmill? Get in the Pool! This cardio-based class is made to keep you moving through the water. Worried about swimming? NO PROBLEM. We have buoyancy belts to help you stay afloat. The class design is similar to the fundamental cardio class, with a low joint impact that includes races, timed runs, and treading water. All fitness levels are encouraged to join us.

BOXING BOOTCAMP- Punch your way to fitness or come to relieve some stress. This drill-based class will start with Basic Boxing techniques, and end with a boxing-based H.I.I.T circuit intended to get the heart rate up! No boxing experience is needed, all fitness levels are welcome!

BUTTS & GUTS- Need a new way to work on your lower body? Butts & Guts is the perfect class to help participants concentrate on the abdominals, lower back, glutes, quadriceps, hamstrings, and calf muscles through a variety of movements while using a variety of equipment.

EAGLE STRONG- This 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.

HUSTLE AND MUSCLE- This classic muscle and hustle workout alternates between cardio and strength. We'll do some cardio hustle to get the heart rate up and use strength training to build muscle. These interval workouts will work your entire body for all fitness levels.

MEDITATION 101- In this experience, you will learn the basic steps you need in order to create a meditation practice that works for you. You will also experience a guided meditation inviting you to observe your emotions and thoughts from a place of gratitude and presence.

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!

STEP AND SCULPT- Step and Sculpt is an exciting aerobic workout that will get you up and moving. This class utilizes step up equipment to ensure you can go above and beyond. The exercise stepper is a platform used to simulate the ascension of stairs. The signature cardio-based workout will fire away at the body and help you on your path to sculpting the physique you want.

TRX- This class will demonstrate the versatility of the new 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- 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