

SOUTHERN MISS GROUP EX SCHEDULE

JANUARY INTERIM
JANUARY 4 - 15

MONDAY

TUESDAY







WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

GYM COURT 4

9:00-10:00 AM					
12:10-12:50 PM	YOGA 		YOGA 		YOGA 
2:00-2:50 PM					
3:00-3:30 PM					
4:00-4:50 PM					
4:30-5:20 PM		CARDIO DANCE FUSION 		YOGA	
5:30-6:20 PM		HIIT	HIP HOP 	CARDIO KICKBOXING 	

 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
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/M/F/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.

Cardio kickboxing is a group fitness class that 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 as you build lean muscle with this fun and challenging workout.

Cardio Dance Fusion: A high energy calorie burning Cardio Dance Experience! Latin, Tribal, Modern, Jazz, Funk, even a taste of Swing or Disco - something for everyone! No dance experience needed.

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.: 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.

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/M/F/VETS/DISABILITY