

SOUTHERN MISS GROUP EX SCHEDULE

WINTER INTERSESSION
January 3-16

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

9:00-9:50 PM

EAGLE STRONG BOOTCAMP

12:10-12:50 PM

YOGA

YOGA

YOGA

5:30-6:20 PM

STEP AND SCULPT

SPIN STUDIO

12:10-12:50 PM

SPIN

SPIN

5:30-6:20 PM

SPIN

6:30-7:20 PM

SPIN

NATATORIUM POOL

9:00-9:50 AM

AQUAFUSION

AQUAFUSION

*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!

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.

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!



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