

SOUTHERN MISS GROUP EX SCHEDULE

Spring I
Jan 18-March 11

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

6:30-7:20 AM		EAGLE STRONG BOOTCAMP		EAGLE STRONG BOOTCAMP	
9:00-9:50 AM			BEGINNER YOGA		
9:30-10:20 AM					
12:10-12:50 PM	YOGA		YOGA		YOGA
4:30-5:20 PM					
5:30-6:20 PM	H.I.I.T.	20/20/10	HIP HOP	ZUMBA	
6:30-7:20 PM	HIP HOP			BUTTS AND GUTS	

DOGWOOD STUDIO

4:30-5:20 PM				
5:30-6:20 PM		TRX		BOXING BOOTCAMP

SPIN STUDIO

9:00-9:50 AM		SPIN		SPIN
5:30-6:20 PM				SPIN
6:30-7:10 PM	H.I.I.T. IT SPIN	SPIN		

NATATORIUM POOL

9:00-9:50 AM	AQUA BOOTCAMP		AQUA BOOTCAMP		AQUA H.I.I.T.
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FOR SCHEDULE & UPDATES ON GROUP FITNESS CLASSES LIKE US ON FACEBOOK @USMCampusRec

*ALL CLASSES ARE FREE



EOE/F/M/VETS/DISABILITY

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20/20/10- This all in one workout will use a variety of equipment to give you twenty minutes of cardio, twenty minutes of strength training, and ten minutes of core.

AQUA BOOTCAMP- 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. This class is perfect for any fitness level. Enjoy the gravity of water while getting a great workout.

AQUA H.I.I.T.- A spin off of AquaBootcamp, where workouts will be completed in and outside of the pool. Just like any H.I.I.T. class, anything goes. Workouts can include body weight exercises on the deck, swimming laps, high knees in the shallow end. Any fitness level is welcomed!

BOXING BOOTCAMP- Punch your way to fitness or come to relieve some stress. This drill-based class will utilize our punching bags giving you a heart pumping workout working your cardiovascular system and muscle endurance. No boxing experience is needed.

BUTTS AND 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 BOOTCAMP- This Bootcamp 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!

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.

H.I.I.T. IT 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

HIP HOP DANCE- 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.

SPIN- Our instructors guide you on a variety of 60 minute "journeys" designed to improve your fitness and push it to new levels. Meet the challenge and have fun.

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.

ZUMBA- Zumba mixes body sculpting movements with easy-to-follow dance steps. Zumba uses a variety of Latin moves and rhythms including cumbia, merengue, salsa, reggaeton, hip hop, mambo, rumba, samba, flamenco, calypso, and salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms to tone and sculpt the body.

- 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