

SOUTHERN MISS GROUP EX SCHEDULE

SPRING BREAK
March 11-19

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

6:30-7:20 AM

8:00-8:50 AM

12:10-12:50 PM

3:00-3:50 PM

4:00-4:50 PM

5:00-6:00 PM

5:30-6:20 PM

YOGA

YOGA

YOGA

YOGA

BUTTS AND GUTS

PILATES

HUSTLE AND MUSCLE

STEP/SCULPT

HIP HOP

SLOW FLOW YOGA

SPIN STUDIO

9:00-9:50 AM

12:10-12:50 PM

5:30-6:20 PM

6:30-7:20 PM

SPIN

SPIN

SPIN BOOTCAMP

SPIN

NATATORIUM POOL

9:00-9:50 AM

AQUA FUSION

*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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SPRING BREAK
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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.

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.

PILATES- Pilates is a form of exercise which strengthens the body with an emphasis on core strength with small, low-impact movements. These work to improve general fitness and overall well-being. Pilates helps improve posture, balance, and flexibility.

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!



EOE/F/M/VETS/DISABILITY