SOUTHERN MISS GROUP EX SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY

MAGNOLIA STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:30-7:20 AM						
9:00-9:50 AM						
9:30-10:20 AM						
12:10-12:50 PM	YOGA		YOGA		YOGA	
4:30-5:20 PM						
5:30-6:20 PM	EAGLE STRONG BOOTCAMP	20/20/10	YOGA			
6:30-7:20 PM						

DOGWOOD STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
5:00-5:50 PM						
5:30-6:20 PM				BOXING BOOTCAMP		

SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
9:00-9:50 AM						
12:15-12:50 PM						
4:30-5:15 PM				SPIN		
5:30-6:20 PM				SPIN		
6:30-7:10 PM		SPIN				

NATATORIUM POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
9:00-9:50 AM			AQUA BOOTCAMP			

*ALL CLASSES ARE FREE

FOR SCHEDULE & UPDATES ON GROUP FITNESS CLASSES LIKE US ON FACEBOOK @USMCampusRec

SOUTHERN MISS. CAMPUS RECREATION

EOE/F/M/VETS/DISABILITY

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.

BOXING- 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.

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!

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.

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 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!

SOUTHERN MISS.
CAMPUS RECREATION