

SOUTHERN MISS GROUP EX SCHEDULE

SUMMER I
MAY 24 - JUNE 25

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

9:00-10:00 AM

12:10-12:50 PM

YOGA 

YOGA 

YOGA

2:00-2:50 PM

4:30-5:20 PM 20/20/10 

5:30-6:20 PM HITT 

STEP

DANCE FIT 

CARDIO KICKBOXING 

6:30-7:20 PM

 SELECT GROUP EX CLASSES ARE OFFERED IN PERSON AND VIRTUALLY THROUGH ZOOM. TO REGISTER, EMAIL FITNESS@USM.EDU 

SPIN STUDIO

12:10-12:50 PM

6:15-7:15 PM SPIN

SPIN

NATATORIUM POOL

9:00-9:50 AM AQUA FUSION

5:30-6:30 PM

AQUA FUSION

PADDLEBOARD YOGA

AQUA ZUMBA

*ALL CLASSES ARE FREE

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



EOE/M/F/VETS/DISABILITY

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20-20-10- Do you want a class that incorporates it all? If so, this class is for you! Maximize your workout with 20 minutes of easy to follow, choreographed cardio, followed by 20 minutes of strength training utilizing light dumbbells and ending with 10 minutes of core/flexibility for a very efficient and total body workout.

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

AQUA ZUMBA -brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout.

CARDIO KICKBOXING- Using body weight and equipment kickboxing is a great way to increase your heart rate and get you sweating. While alleviating stress this class also teaches you the basics of punching and kicking combinations while having fun.

DANCE FIT- is a type of group exercise class that incorporates some or many forms of dance. It's an aerobic workout, divided into different tracks that provide peaks and troughs of intensity. The overall intensity of a class varies depending on the style you're doing.

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.

PADDLEBOARD YOGA- Enjoy the buoyancy of water while getting a great strength in our paddleboard yoga class. Strengthen your balance and muscles while keeping cool. Don't worry, the paddle board is attached while you relax. All levels welcomed!

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.

STEP- A low impact aerobic training that incorporates upper body conditioning to increase fat burning and muscle endurance, with athletic, easy to follow choreography that is functional for all fitness levels.

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- Inspired by Latin based music this class offers a cardio activity while teaching you the basics of Salsa, Cumbia, Reggaeton, and Merengue. No experience necessary!

- 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.



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JOIN OUR FREE CLASSES!



EOE/M/F/VETS/DISABILITY