

SOUTHERN MISS GROUP EX SCHEDULE

SUMMER I
May 31-July 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

6:30-7:20 AM						
9:00-9:50 AM						
9:30-10:30 AM		SSB		SSB		
12:10-12:50 PM	YOGA		YOGA		YOGA	
4:30-5:20 PM			H.I.I.T. IT STRENGTH			
5:30-6:20 PM	EAGLE STRONG BOOTCAMP	20/20/10	YOGA	HIP HOP		
6:30-7:20 PM						

DOGWOOD STUDIO

5:00-5:50 PM
5:30-6:20 PM

SPIN STUDIO

9:00-9:50 AM					
12:15-12:50 PM					
4:30-5:15 PM					
5:30-6:20 PM			SPIN	SPIN	
6:30-7:10 PM	SPIN				

NATATORIUM POOL

9:00-9:50 AM	AQUA BOOTCAMP
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*ALL CLASSES ARE FREE

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



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.

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. IT STRENGTH- 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.

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.

SSB (Strength Stretch and Balance)-This class focuses on functional movements that aim to increase your strength and improve balance and flexibility. These components are essential to a well-rounded exercise program and can offer great variety to your exercise routine.

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!



EOE/F/M/VETS/DISABILITY