

# SOUTHERN MISS GROUP EX SCHEDULE

SPRING II  
March 18 - May 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

## MAGNOLIA STUDIO

6:30-7:00 AM	EAGLE STRONG		EAGLE STRONG			
9:00-9:50 AM						
12:10-1:00 PM	YOGA		YOGA		BUTTS & GUTS	
2:00-2:50 PM			BALLROOM BASICS			YOGA
3:00-3:50 PM		EAGLE STRONG				
5:00-5:50 PM						PILATES
5:30-6:20 PM	HUSTLE AND MUSCLE	STEP/SCULPT	HIP-HOP			
6:30-7:20 PM	ZUMBA	SWING DANCE 101		PRINCESS POP		

## DOGWOOD STUDIO

5:30-6:20 PM	BOXING BOOTCAMP	ADVANCED BOXING	KICKBOXING BOOTCAMP	BOXING BOOTCAMP
6:30-7:20 PM				

## SPIN STUDIO

12:10-1:00 PM		SPIN		SPIN
5:30-6:20 PM				SPIN
6:30-7:20 PM	SPIN			

## NATATORIUM POOL

9:00-9:50 AM		AQUA FUSION		AQUA FUSION
6:30-7:20 AM	AQUA FUSION			

ALL CLASSES ARE FREE

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SOUTHERN MISS  
CAMPUS RECREATION

EOE/F/M/VETS/DISABILITY

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**ADVANCED BOXING BOOTCAMP**- Level up! Built upon our base-level boxing boot camp, this class incorporates more drill-based punching activities to boost your muscular endurance and cardiovascular system while introducing pad-based partner work to develop mobility and awareness.

**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.

**BOXING BOOT CAMP**- Punch your way to fitness or come to relieve some stress. This drill-based class will start with basic boxing techniques, and end with a boxing-based H.I.I.T. circuit intended to get the heart rate up. No boxing experience is needed, all fitness levels are welcome.

**BUTTS & 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 and equipment.

**EAGLE STRONG**- This 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 H.I.I.T., strength training, cardio, core, and plyometric moves to give you an amazing functional workout. All fitness levels are welcome.

**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**- Designed to strengthen the body with a core emphasis on small, low-impact movements, Pilates helps improve posture, balance, and flexibility, building general fitness and well-being.

**PRINCESS POP**- This class is all about getting down and finding your groove. Join Coach Princess as she leads you through an aerobic dance class where you will pop, drop, and lock it until you break a sweat.

**SPIN**- Join us for an amazing indoor bike riding workout utilizing flat roads, hills, and intervals to keep you guessing and your heart racing.

**STEP/SCULPT**- This class incorporates both cardio and weight lifting into one unique session. Get your daily bout of cardio by stepping up to a beat, then continue on with weight training techniques that keep your heart rate up and your muscles activated. Rhythm can be required, but don't get discouraged. Practice makes perfect.

**SWING DANCE**- Led by one of our most enthusiastic instructors, this high-energy session blends swing dance and popular music for a quick-steppin' good time. Just hop in, as no previous dance experience is required to swing, sway, and dance the class away.

**YOGA**- Build strength and endurance in this yoga flow for all levels. We incorporate resistance training with weights and other props, as well as light cardio for a full-body workout.

**ZUMBA**- Mixing body sculpting movements with easy-to-follow dance steps. Zumba uses a variety of Latin rhythms including cumbia, merengue, reggaeton, hip hop, mambo, rumba, samba, flamenco, calypso, and salsa. Featuring 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 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.



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