

SOUTHERN MISS GROUP EX SCHEDULE

SPRING BREAK
March 11 - 17

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

8:00 - 8:50 AM

12:10 - 1:00 PM

YOGA

2:00 - 2:50 PM

5:00 - 5:50 PM

5:30 - 6:20 PM

HUSTLE & MUSCLE

6:30 - 7:20 PM

YOGA

HIP-HOP

PILATES

SPIN STUDIO

6:30 - 7:20 AM

12:10 - 1:00 PM

5:30 - 6:20 PM

6:30 - 7:20 PM

SPIN

SPIN

SPIN

SPIN

SPIN

SPIN

NATATORIUM POOL

9:00 - 9:50 AM

6:30 - 7:20 PM

AQUA FUSION

AQUA FUSION

ALL CLASSES ARE FREE

FOR SCHEDULE & UPDATES ON GROUP FITNESS CLASSES FOLLOW US ON SOCIAL MEDIA

 @southernmisscampusrec

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SOUTHERN MISS
CAMPUS RECREATION

EOE/F/M/VETS/DISABILITY

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- 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.

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

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.

- 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.

