

SOUTHERN MISS GROUP EX SCHEDULE

FALL I
August 21-October 31

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

8:00-8:50 AM

EAGLE STRONG

EAGLE STRONG

12:10-1:00 PM

YOGA

YOGA

BUTTS AND GUTS

2:00-2:50 PM

SSB

SSB

YOGA

5:00-5:50 PM

PILATES

5:30-6:20 PM

HUSTLE AND MUSCLE

STEP/SCULPT

HIP-HOP

6:30-7:20 PM

SWING DANCE

HIP-HOP

DOGWOOD STUDIO

12:10-1:00 PM

TRX TUESDAY

5:30-6:20 PM

BOXING BOOTCAMP

BOXING BOOTCAMP

6:00-6:50 PM

ZUMBA

PLYOMETRICS

6:30-7:20 PM

HIIT/SPIN

SPIN STUDIO

12:10-12:50 PM

SPIN

SPIN

5:30-6:20 PM

SPIN

6:30-7:20 PM

HIIT/SPIN

NATATORIUM POOL

9:00-9:50 AM

AQUA FUSION

AQUA ZUMBA

AQUA FUSION

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

*ALL CLASSES ARE FREE

 @southernmisscampusrec

 @usmcampusrec

 @somisscampusrec



EOE/F/M/VETS/DISABILITY

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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.

AQUA ZUMBA- Experience the joy of AquaZumba, a dynamic pool workout merging the fun of Zumba with the benefits of water resistance. Led by our skilled instructors, this low-impact, high-energy class is suitable for all fitness levels. Dive in for an invigorating and exhilarating fitness session that will leave you feeling refreshed, inspired, and unstoppable!

BOXING BOOTCAMP- 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 while using a variety of 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 HIIT, 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- Pilates is a form of exercise which strengthens the body with an emphasis on core strength with small, low-impact movements. These work to improve general fitness and overall well-being. Pilates helps improve posture, balance, and flexibility.

PLYOMETRICS- Get ready to elevate your fitness game with our Plyometrics Class led by our experienced personal trainer! Plyometrics is a high-intensity workout that involves explosive movements to boost power, agility, and strength. This class is designed to cater to all fitness levels, so whether you're a beginner or a seasoned athlete, you'll find a challenging and fun workout that will take your fitness to new heights. Get ready to feel empowered and accomplished!

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

STRETCH, STRENGTH, AND BALANCE (SSB)- 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!

STEP/SCULPT- This class incorporates both cardio and weight lifting into one unique session. Get your daily bout of cardio in 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- Step into the rhythm of our Swing Dance Group Exercise Class! Led by one of the most enthusiastic instructors, this high-energy session blends swing dance and popular music for a toe-tapping experience. All skill levels are welcome to join in the fun. Get ready to swing, sway, and dance the night away!

TRX- This class will demonstrate the versatility of the new TRX suspension Trainers while giving you the strength, cardio, and core workout that you have been looking for. This is the perfect way to spice up your workout! All fitness levels are welcome!

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- Zumba mixes body sculpting movements with easy-to-follow dance steps. Zumba uses a variety of Latin moves and rhythms including cumbia, merengue, reggaeton, hip hop, mambo, rumba, samba, flamenco, calypso, and salsa. The routines feature 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.

JOIN OUR FREE CLASSES!



EOE/F/M/VETS/DISABILITY