

SOUTHERN MISS GROUP EX SCHEDULE

FALL BREAK
October 7 - October 13

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAGNOLIA STUDIO

12:10-1:00 PM

YOGA

YOGA

5:30-6:20 PM

HUSTLE & MUSCLE

PILATES

HIP HOP

6:30-7:20 PM

CARDIO DANCE

DOGWOOD STUDIO

12:10-1:00 PM

WEIGHTLIFTING

SPIN STUDIO

5:30-6:30 PM

SPIN

NATATORIUM POOL

9:00-9:50 AM

AQUA FUSION

AQUA FUSION

ALL CLASSES ARE FREE

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

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SOUTHERN MISS
CAMPUS RECREATION

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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.

CARDIO DANCE- Cardio Dance is a high-energy class blending dance moves with exercise. Set to today's and yesterday's popular music, you will definitely have some fun and drum up a sweat. Perfect for all fitness and dance levels, it offers a dynamic, engaging way to burn calories and improve overall fitness.

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.

WEIGHTLIFTING- Get stronger and sculpt your muscles with our weightlifting Group Exercise class. This dynamic and motivating class is perfect for anyone looking to build strength, improve muscle tone, and enhance overall fitness. Led by certified trainers, each session focuses on different muscle groups to ensure a balanced and effective workout. Whether you're a beginner or a seasoned lifter, our instructors will guide you through safe and challenging exercises that promote strength gains and muscular endurance.

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.



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