

SOUTHERN MISS GROUP EX SCHEDULE

FALL INTERIM
July 29 - Aug 18

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

9:00-9:50 AM

12:10-1:00 PM **YOGA**

2:00-2:50 PM

5:30-6:20 PM **HUSTLE & MUSCLE**

STEP IT UP!

YOGA

DOGWOOD STUDIO

6:30-7:20 AM

FUNCTIONAL FIT

2:15-3:15 PM

FUNCTIONAL FIT

SPIN STUDIO

12:10-1:00 PM

5:30-6:30 PM

6:30-7:30 PM **SPIN**

SPIN

NATATORIUM POOL

9:00-9:50 AM

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.

FUNCTIONAL FIT- Functional Fit combines functional movements with high-intensity exercises to improve overall fitness and functional strength. In this class, you'll engage in a variety of exercises that mimic real-life movements, such as pushing, pulling, squatting, and lifting. Led by experienced trainers, each session is designed to enhance mobility, stability, and coordination.

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.

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 IT UP!- Join us for "Step It Up!" an energizing and dynamic group exercise class that will elevate your fitness routine to new heights. This exhilarating workout is designed to maximize calorie burn, enhance cardiovascular endurance, and tone your lower body muscles while having a blast.

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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