

SOUTHERN MISS GROUP EX SCHEDULE

SPRING INTERIM
January 2 - 14

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

8:00-8:50 AM				EAGLE STRONG	
12:10-12:50 PM	YOGA		YOGA		BUTTS & GUTS
2:00-2:50 PM					
4:00-4:50 PM		MEET ME AT THE BARRE			
5:00-5:50 PM					
5:30-6:20 PM	HUSTLE AND MUSCLE	STEP/SCULPT			
6:30-7:20 PM				SWING DANCE 101	

SPIN STUDIO

5:30-6:30 PM				SPIN	
6:30-7:30 PM		SPIN			

NATATORIUM POOL

9:00-9:50 AM		AQUA PILATES			AQUA FUSION
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ALL CLASSES ARE FREE

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

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SOUTHERN MISS
CAMPUS RECREATION

EOE/F/M/VETS/DISABILITY

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AQUA PILATES- The marriage of water aerobics and Pilates, you'll float on pool noodles in both the shallow and deep end, engaging your core, upper, and lower body to get the most out of your time in the water.

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.

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.

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.

MEET ME AT THE BARRE - This class will include strength and toning using a ballet foundation. This full-body workout will be fun and challenging. No ballet experience required.

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.

- 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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