

# SOUTHERN MISS GROUP EX SCHEDULE

SPRING I 2025  
JANUARY 20- MARCH 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

## MAGNOLIA STUDIO

6:30-7:20 AM	EAGLE STRONG	CARDIO HARDIO	EAGLE STRONG	CARDIO HARDIO	EAGLE STRONG
8:00-8:50 AM		LIT: LOW IMPACT TRAINING		LIT: LOW IMPACT TRAINING	
12:00-12:50 PM	YOGA (12:10 - 1:00 PM)	BEGINNER YOGA	YOGA (12:10 - 1:00 PM)	BEGINNER YOGA	
2:00-3:00 PM					YOGA
3:00-3:50 PM					EAGLE STRONG
5:00-5:50 PM					PILATES
5:30-6:20 PM	HUSTLE AND MUSCLE	PILATES	HIP HOP	BALLROOM DANCE	
6:30-7:20 PM		CARDIO DANCE		SWING DANCE	

## DOGWOOD STUDIO

8:00-8:50 AM		FUNCTIONAL FIT		FUNCTIONAL FIT	
12:10-1:00 PM	WEIGHT LIFTING W/ TENLI		WEIGHT LIFTING		TRXtreme
5:30-6:20 PM		STEP AND SCULPT	ADVANCED BOXING		
6:30-7:20 PM	BOXING BOOTCAMP				

## SPIN STUDIO

6:30-7:20 AM	SPIN	SPIN	SPIN	SPIN	
12:00-12:50 PM	SPIN		SPIN		SPIN
3:00-3:50 PM		SPIN		SPIN	SPIN
5:30-6:30 PM			SPIN	SPIN	
6:30-7:20 PM		SPIN	SPIN		

## NATATORIUM POOL

9:00-9:50 AM		AQUA FUSION		AQUA FUSION	
5:00-5:50 PM					AQUA FUSION
6:30-7:20 PM		PADDLEBOARD YOGA			

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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**ADVANCED BOXING** - Level up! Built upon our base-level boxing boot camp, this class incorporates more drill-based punching activities to boost your muscular endurance and cardiovascular system while introducing pad-based partner work to develop mobility and awareness.

**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.

**BALLROOM DANCE** - Ballroom Dance Class introduces you to elegant ballroom-based dances. Whether a beginner or seasoned dancer, enjoy learning graceful moves in a supportive, social setting. Enhance your rhythm, balance, and confidence while having fun and meeting new friends. Step into the world of ballroom with us!

**BEGINNER YOGA** - Yoga-lite, this class takes a slower and simpler approach to many of the Yoga patterns and styles so that even beginners can get a handle on the basics.

**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!

**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.

**CARDIO HARDIO** - A class to get the heart pumping. This class uses treadmills, running tracks, rowers, and just about any cardio format you can think of to increase cardiorespiratory fitness and never let you be bored.

**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!

**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.

**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.

**LIT: Low Impact Training** - A high-intensity interval training (HIIT) workout designed to deliver maximum results while minimizing stress on your joints. LIT combines low-impact movements with targeted intervals to improve strength, endurance, and cardiovascular fitness. Perfect for all fitness levels, this class is ideal for those looking to push themselves without compromising joint health

**PADDLEBOARD YOGA** - Take your practice to the pool! Doing yoga on the paddleboard can offer a unique experience while helping to increase your core strength and balance all while receiving the benefits of yoga at the same time. All you need is your bathing suit and towel. This class is offered in our indoor pool!

**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.

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

**TRXTREME** - A Suspension trainer class to challenge you to build functional strength and get your heartrate up! This class is to challenge and transform but scalable for all fitness levels due to the ground-breaking TRX suspension trainer system.

**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.

**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** - Swing Dance offers lively, energetic lessons in dances in a west-coast swing format. Perfect for all skill levels, this fun, social class helps improve coordination and rhythm. Dance to upbeat music, meet new friends, and enjoy a great workout while learning the joyful art of swing dancing! Bring a Partner or find one there!

**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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**CAMPUS RECREATION**