

SOUTHERN MISS GROUP EX SCHEDULE

SUMMER I
May 13 - June 23

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

9:00 - 9:50 AM		WEIGHTLIFTING		WEIGHTLIFTING	
12:10 - 1:00 PM	YOGA	STEP IT UP!	YOGA		
2:00 - 2:50 PM				BALLROOM BASICS	
5:00 - 5:50 PM					
5:30 - 6:20 PM	HUSTLE & MUSCLE	STEP/SCULPT			

DOGWOOD STUDIO

7:00 - 7:50 AM	FUNCTIONAL FIT		FUNCTIONAL FIT		
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SPIN STUDIO

12:10 - 1:00 PM		SPIN		SPIN	
5:30 - 6:20 PM				SPIN	
6:30 - 7:20 PM	SPIN				

NATATORIUM POOL

9:00 - 9:50 AM		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

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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.

BALLROOM BASICS -Look great on the dance floor after learning the basic elements of lead-and-follow partner dancing, along with a foundation set of patterns in popular dance styles, including the waltz, rumba, foxtrot, East Coast swing, tango, and cha-cha.

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/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.

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.

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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