

SOUTHERN MISS GROUP EX SCHEDULE

SUMMER II
July 3-August 11

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

6:30-7:20 AM

EAGLE STRONG

12:10-1:00 PM

YOGA

YOGA

BUTTS AND GUTS

2:30-3:20 PM

5:30-6:20 PM

HUSTLE AND MUSCLE

ZUMBA

ZUMBA

DOGWOOD STUDIO

12:10-1:00 PM

TRX TUESDAY

BUTTS AND GUTS

5:30-6:20 PM

BOXING BOOTCAMP

SPIN STUDIO

6:30-7:20 PM

SPIN

NATATORIUM POOL

9:00-9:50 AM

AQUA FUSION

AQUA JOG

*ALL CLASSES ARE FREE

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EOE/F/M/VETS/DISABILITY

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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.

AQUA JOG- Tired of the treadmill? Get in the Pool! This cardio-based class is made to keep you moving through the water. Worried about swimming? NO PROBLEM. We have buoyancy belts to help you stay afloat. The class design is similar to the fundamental cardio class, with a low joint impact that includes races, timed runs, and treading water. All fitness levels are encouraged to join us.

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!

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 while using a variety of 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 HIIT, 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.

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

TRX- This class will demonstrate the versatility of the new TRX suspension Trainers while giving you the strength, cardio, and core workout that you have been looking for. This is the perfect way to spice up your workout! All fitness levels are welcome!

YOGA- Build strength and endurance in this yoga flow for all levels. We will incorporate resistance training with weights and other props, as well as light cardio for a full-body workout.

ZUMBA- Zumba mixes body sculpting movements with easy-to-follow dance steps. Zumba uses a variety of Latin moves and rhythms including cumbia, merengue, salsa, reggaeton, hip hop, mambo, rumba, samba, flamenco, calypso, and salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms to tone and sculpt the body.

- 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.

JOIN OUR FREE CLASSES!



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