

SOUTHERN MISS GROUP EX SCHEDULE

SPRING II 2021
MARCH 8 - APRIL 30

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

GYM COURT 4

4:30-5:20 PM

BOOT CAMP 

5:30-6:20 PM

HIIT 

STEP

HIP HOP 

ZUMBA 

6:30-7:20 PM

CARDIO FANCE FUSION 

BOOT CAMP 

 SELECT GROUP EX CLASSES ARE OFFERED IN PERSON AND VIRTUALLY THROUGH ZOOM. TO REGISTER, EMAIL FITNESS@USM.EDU 

MAGNOLIA STUDIO

12:10-12:50 PM

YOGA 

YOGA

YOGA 

6:30-7:20 PM

YOGA

DOGWOOD STUDIO

6:30-7:20 PM

TRX

SPIN STUDIO

9:00-9:50 AM

SPIN

6:15-7:15 PM

SPIN

SPIN

NATATORIUM POOL

9:00-9:50 AM

AQUA FUSION

AQUA FUSION

AQUA ZUMBA

5:30-6:30 PM

PADDLEBOARD YOGA

Campus Recreation requires participants to wear masks and maintain 10 feet physical distance when exercising.

FOR SCHEDULE & UPDATES ON GROUP FITNESS CLASSES LIKE US ON FACEBOOK @ USMCampusRec

*ALL CLASSES ARE FREE



EOE/M/F/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.

Boot Camp: Come to relieve some stress. This drill based class will utilize minimal equipment and your body weight to give you a heart-pumping workout working your cardiovascular system and muscle endurance. Every fitness level welcomed!

Cardio Dance Fusion: This high-energy cardio class is a combination of many dance styles: Hip hop, Jazz, Latin, etc. You won't even remember that you are working out!

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.

HIIT: HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

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, while receiving the benefits of yoga at the same time. All you need is your bathing suit and towel and will meet in our newly renovated indoor pool!

Step: This class incorporates both cardio and weight lifting into one unique session. Get your daily bout of cardio in 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!

TRX: TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

Yoga: This mind/body class utilizes basic Yoga movements to improve your flexibility, posture, and balance while strengthening the core. This is a great class to relieve stress and relax your mind! All classes are modified for each fitness level and beginners are always welcomed in every class.

Zumba: Inspired by Latin based music this class offers a cardio activity while teaching you the basics of Salsa, Cumbia, Reggaeton, and Merengue. No experience necessary!

- 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 serve 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.



2700 Hardy St. (near US90 & 6101 HWY 90) at North Creek Crossing

JOIN OUR FREE CLASSES!



EOE/M/F/VETS/DISABILITY