

SOUTHERN MISS GROUP EX SCHEDULE

WINTER INTERSESSION
December 11 - 20

TUESDAY

THURSDAY

MAGNOLIA STUDIO

4:00 - 4:50 PM

HIIT

5:30 - 6:20 PM

STEP/SCULPT

SPIN STUDIO

5:30 - 6:20 PM

SPIN

ALL CLASSES ARE FREE

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

 @southernmisscampusrec

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SOUTHERN MISS
CAMPUS RECREATION

EOE/F/M/VETS/DISABILITY

HIIT – This class incorporates interval training with scalable weights and modifiable body weight exercises. High intensity movements are performed for a given time followed by some active recovery exercises or rest. All fitness levels are welcomed and all exercises can be modified.

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

STEP/SCULPT – 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!

- 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.

