

# SOUTHERN MISS GROUP EX SCHEDULE

SUMMER II  
July 1 - 31

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

## MAGNOLIA STUDIO

8:00-8:50 AM

12:10-1:00 PM

YOGA

YOGA

2:00-3:00 PM

YOGA

4:30-5:20 PM

5:30-6:20 PM

HUSTLE AND MUSCLE

CARDIO DANCE

ZUMBA

6:30-7:20 PM

ZUMBA

## DOGWOOD STUDIO

11:00-11:50 AM

## SPIN STUDIO

6:30-7:20 AM

12:10-1:00 PM

5:30-6:20 PM

SPIN

## NATATORIUM POOL

10:00-10:50 AM

AQUA FUSION

AQUA FUSION

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.

**CARDIO WITH COLLIN** - Join Collin for a high-energy cardio workout that mixes heart-pounding moves with motivation that won't quit. Expect sweat, smiles, and serious results—no matter your pace. All fitness levels welcome!

**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.

**SPINERGY**- This high-intensity spin class fuses killer beats with strength, speed, and endurance for a ride that challenges your body and charges your spirit. Saddle up—your energy starts here with Coach Abbi! All fitness levels welcome.

**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.

**ZUMBA**- Mixing body sculpting movements with easy-to-follow dance steps. Zumba uses a variety of Latin rhythms including cumbia, merengue, reggaeton, hip hop, mambo, rumba, samba, flamenco, calypso, and salsa. Featuring 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.



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