**SOUTHERN MISS GROUP EX SCHEDULE**

**FALL 2019**
**OCT 14 - DEC 6**

**ALL CLASSES ARE FREE**

FOR SCHEDULE & UPDATES ON GROUP FITNESS CLASSES LIKE OUR FACEBOOK - SOUTHERN MISS FITNESS

### Monday
- 6:30-7:20 AM: EAGLE STRONG
- 8:30-9:30 AM: BODY SCULPT
- 9:00-10:00 AM: GENTLE YOGA FLOW
- 12:10-12:50 PM: YOGA
- 1:30-2:20 PM: BARRE INTENSITY
- 4:00-4:50 PM: BARRE INTENSITY
- 5:00-5:25 PM: TURBOKICK
- 5:30-6:20 PM: BUTTS AND GUTS
- 6:30-7:20 PM: KICKIN' CARDIO

### Tuesday
- 6:30-7:20 AM: EAGLE STRONG
- 8:30-9:30 AM: PILOTINE FLOW
- 9:00-10:00 AM: SSB
- 12:10-12:50 PM: GENTLE YOGA FLOW
- 1:30-2:20 PM: YOGA
- 4:00-4:50 PM: BARRE INTENSITY
- 5:00-5:25 PM: TURBOKICK
- 5:30-6:20 PM: BUTTS AND GUTS
- 6:30-7:20 PM: YOGA

### Wednesday
- 6:30-7:20 AM: EAGLE STRONG
- 8:30-9:30 AM: PILOTINE FLOW
- 9:00-10:00 AM: SSB
- 12:10-12:50 PM: YOGA
- 1:30-2:20 PM: BARRE INTENSITY
- 4:00-4:50 PM: BARRE INTENSITY
- 5:00-5:25 PM: TURBOKICK
- 5:30-6:20 PM: BUTTS AND GUTS
- 6:30-7:20 PM: KICKIN' CARDIO

### Thursday
- 6:30-7:20 AM: EAGLE STRONG
- 8:30-9:30 AM: PILOTINE FLOW
- 9:00-10:00 AM: SSB
- 12:10-12:50 PM: YOGA
- 1:30-2:20 PM: BARRE INTENSITY
- 4:00-4:50 PM: BARRE INTENSITY
- 5:00-5:25 PM: TURBOKICK
- 5:30-6:20 PM: BUTTS AND GUTS
- 6:30-7:20 PM: KICKIN' CARDIO

### Friday
- 6:30-7:20 AM: EAGLE STRONG
- 8:30-9:30 AM: PILOTINE FLOW
- 9:00-10:00 AM: SSB
- 12:10-12:50 PM: YOGA
- 1:30-2:20 PM: BARRE INTENSITY
- 4:00-4:50 PM: BARRE INTENSITY
- 5:00-5:25 PM: TURBOKICK
- 5:30-6:20 PM: BUTTS AND GUTS
- 6:30-7:20 PM: KICKIN' CARDIO

### Sunday
- 6:30-7:20 AM: EAGLE STRONG
- 8:30-9:30 AM: PILOTINE FLOW
- 9:00-10:00 AM: SSB
- 12:10-12:50 PM: YOGA
- 1:30-2:20 PM: BARRE INTENSITY
- 4:00-4:50 PM: BARRE INTENSITY
- 5:00-5:25 PM: TURBOKICK
- 5:30-6:20 PM: BUTTS AND GUTS
- 6:30-7:20 PM: KICKIN' CARDIO

### Studio Locations
- **MAGNOLIA STUDIO**
- **DOGWOOD STUDIO**
- **SPIN STUDIO**
- **NATATORIUM POOL**

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*EOE/F/M/VETS/DISABILITY*
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.

Barre intensity: Barre Intensity® combines attributes of Pilates, dance, and functional fitness training. We incorporate small isolated movement to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count.

BOXING Bootcamp: Punch your way to fitness or come to relieve some stress. This drill-based class will utilize our punching bags giving you a heart-pumping workout while working your cardiovascular system and muscle endurance. No boxing experience is needed.

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 different movements while using a variety of equipment.

CORE: Attack the core from all angles! Strengthening our core is vital for everyday living. This class will help strengthen your abdominals, obliques, and even lower back offering you an all-round core workout!

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

CycleXpress: Are you pressed for time? This is our 30-minute indoor bike riding with climbs, sprints, and more!

Cycle Bootcamp: An intense combo class where indoor cycling meets strength training. Start with 25 minutes of cycling to get your heart rate up and blood pumping, then move to the floor for 25 minutes of strength training. If that’s everything you need in a 50-minute session!

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.

Eagle Strong: This bootcamp 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 plyometrics moves to give you an amazing functional workout! All fitness levels are welcome!

Kickin’ Cardio: If you need a change from your regular cardio routine, this high-energy class combines kickboxing, dance, and interval training all in one! With a focus on cardio kickboxing, this class is a fun way to burn through calories!

H.I.I.T (HIIT BC): High Intensity Interval Training is the new go-to workout! This class incorporates interval training with an active recovery. High intensity movements are performed for a given time followed by some active recovery exercises. HIIT training keeps you guessing, but allows you to work at your own pace and get what you want out of your workout. All fitness levels are welcomed and all exercises can be modified.

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!

Pilates Flow: This class will be a blend of traditional mat Pilates, but incorporating yoga while focusing on breathing techniques to help increase flexibility and to relax the body and mind. This class will provide nurturing movements great for all populations and fitness levels.

TURBOKICK: The ultimate cardio kickboxing experience, this fat-burning workout combines cardio kickboxing with body-sculpting HIIT moves choreographed to the hottest music mixes. You will get lean, toned, and feel unstoppable in the class that’s high-energy and totally addictive!

PiYo: combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Stretch, Strength, and Balance (SSB): This class focuses on functional movements that aim to increase your strength and improve balance and flexibility. These components are essential to a well-rounded exercise program and can offer great variety to your exercise routine!

20/20/10: This all-in-one workout will use a variety of equipment to give you 20 minutes of cardio, 20 minutes of strength training, and ten minutes of core.

HIIT IT with 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!

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!

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.

Gentle Yoga Flow: Perfect for people that are new to yoga because it runs at a softer pace or tempo.