

SOUTHERN MISS GROUP EX SCHEDULE

FALL 1 2019
AUGUST 26 - OCTOBER 11

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

6:30-7:20 AM	EAGLE STRONG	PILATES FLOW	EAGLE STRONG	PILATES FLOW	EAGLE STRONG	
8:30-9:30 AM						
9:00-10:00 AM		SSB	YOGA	SSB		
12:10-12:50 PM	YOGA		YOGA		YOGA	
1:30-2:20 PM					PIYO	
4:00-4:50 PM	BARRE INTENSITY		BARRE INTENSITY	*4:15 KETTLE/ROPE		
5:00-5:25 PM			AMRAP	CORE		
5:30-6:20 PM	TURBOKICK	20/20/10	HIP HOP	ARMS & ABS		BODY SCULPT
6:30-7:20 PM	YOGA					YOGA

DOGWOOD STUDIO

6:30-7:20 AM		BODY SCULPT		HIIT BC		
4:30-5:20 PM		HIIT BC		HIIT BC		
4:45-5:15 PM	ARMS & ABS		All ABS			
5:30-6:20 PM	STEP & SCULPT	BUTTS AND GUTS	HIIT	BUTTS & GUTS		
6:30-7:20 PM	HIIT IT WITH TRX	BOXING BOOTCAMP	PILATES FLOW	BOXING BOOTCAMP		
7:30-8:20 PM		PIYO		BEGINNER YOGA		

SPIN STUDIO

6:30-7:00AM	CYCLE EXPRESS					
4:30-5:20 PM						
5:30-6:00 PM			CYCLE EXPRESS			
5:30-6:20 PM	CYCLE	HIIT IT SPIN		CYCLE		
6:30-7:20 PM			CYCLE BOOTCAMP			

NATATORIUM POOL

9:00-9:50 AM	AQUA FUSION		AQUA FUSION		AQUA FUSION	
5:30-6:30 PM	AQUA FUSION		PADDLEBOARD YOGA			

*ALL CLASSES ARE FREE
EOE/F/M/VETS/DISABILITY

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



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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.

AMRAP: AMRAP means, "As many reps as possible." You will fit as many cycles of a circuit as possible within a set time frame. The faster you get through the reps of each exercise, the more times you will complete the entire circuit. This class will for sure keep you guessing!

All Abs: Work your total core strength while incorporating stability exercises utilizing different equipment that includes the BOSU, stability balls, gliders, resistance tubes, and more. Use a variety of equipment to work all the muscles of the core!

Barre intensity: Barre Intensity® combines attributes of Pilates, dance, and functional fitness training. We incorporate small isolated movements 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.

Barre: This quick 25-minute class will introduce toning and strength exercises with the grace and technique of ballet.

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: This is 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. It'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!

H.I.I.T (HIIT BC): High Intensity Interval Training is the new go-to work out! 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.

Kettle/Rope: Use our newest fitness equipment in this full-body workout. This class will use our new battleropes to get your heart pumping, while doing functional, compound exercises with the kettlebell. This will work multiple muscle groups, while developing strength and muscular endurance.

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 all while receiving the benefits of yoga at the same time. All you need is your bathing suit and towel. This class is offered in our indoor pool!

Pilates Flow: This class is a blend of traditional mat Pilates, but incorporates yoga, while focusing on breathing techniques to help increase flexibility and to relax the body and mind. It 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 addicting!

PiYo®: This class 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 10-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. Beginner Yoga is perfect for people that are new to yoga.



- 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.

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