

SOUTHERN MISS GROUP EX SCHEDULE

SUMMER I 2020
JULY 1 - AUGUST 16

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

GYM COURT #4

6:45-7:20 AM	EAGLE STRONG		EAGLE STRONG		EAGLE STRONG
9:00-10:00 AM		SSB		SSB	
12:10-12:50 PM	YOGA	CARDIO DANCE	YOGA	BARRE INTENSITY	BARRE
4:15-5:00 PM		BOXING		POWER VINYASA	
5:30-6:10 PM	CARDIO CONDITIONING	BARRE INTENSITY	CARDIO KICK BOXING	CARDIO DANCE FUSION	

NATATORIUM POOL

9:00-9:50 AM	AQUA FUSION		AQUA FUSION		AQUA FUSION
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Campus Recreation requires participants to wear masks and maintain 10 feet physical distance when exercising in the facility. Virtual group fitness classes will be offered for members unable to attend in-person. For information on virtual class offerings led by a Campus Recreation instructor, please email Samantha.Lamb@usm.edu.



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

*ALL CLASSES ARE FREE

EOE/F/M/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.

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 working your cardiovascular system and muscle endurance. No boxing experience is needed

Cardio Conditioning: This class is a high energy cardio workout that will have you sweating, smiling and having fun! You will experience various styles of cardio such as kickboxing, circuit training, cardio exercises, and bodyweight exercises, followed by short active recovery periods. Modifications may be used and all fitness levels can benefit.

Cardio Kickboxing: This group fitness class combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories with this fun and challenging workout.

Barre Intensity (& Barre): 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.

Cardio Dance: 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!

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!

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.

Power Vinyasa: Through a rejuvenating, consistent rhythm, this fast-paced class focuses on a power vinyasa flow that introduces flexibility to the body, as well as strengthens the mind and body

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.



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- 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.

JOIN OUR FREE CLASSES!