

SOUTHERN MISS GROUP EX SCHEDULE

SPRING I
January 17-March 10

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

6:30-7:20 AM	SUNRISE YOGA		SUNRISE YOGA		SUNRISE YOGA	
8:00-8:50 AM		EAGLE STRONG		EAGLE STRONG	ANTHONY'S ARMS & ABS	
12:10-12:50 PM	YOGA	SSB	YOGA	TRIPLE THREAT	VINYASA FLOW YOGA	
3:00-3:50 PM					BUTTS AND GUTS	BUTTS AND GUTS
4:00-4:50 PM			SSB			
5:00-6:00 PM	HIP HOP HOW TO (5:00-5:45)					PILATES
5:30-6:20 PM		CARDIO KICKBOXING	HIP HOP	SLOW FLOW YOGA	HIP HOP HOW TO	

DOGWOOD STUDIO

9:00-9:50 AM				YOGA	
12:10-12:50 PM		TRX TUESDAY			
5:30-6:20 PM	HIIT STRENGTH	STEP & SCULPT		BOXING BOOTCAMP	

SPIN STUDIO

9:00-9:50 AM		SPIN			
12:10-12:50 PM		SPIN		SPIN	
5:30-6:20 PM				SPIN	
6:30-7:20 PM	SPIN BOOTCAMP	SPIN			

NATATORIUM POOL

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

* ALL CLASSES ARE FREE

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EOE/F/M/VETS/DISABILITY

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ANTHONY'S ARMS AND ABS-Personal Trainer Anthony will make you strong and tone you up with his strength and core workout! Come prepared to not only work but learn as well! All fitness levels are welcome!

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 start with Basic Boxing techniques, and end with a boxing-based H.I.I.T circuit intended to get the heart rate up! No boxing experience is needed, all fitness levels are welcome!

CARDIO KICKBOXING- Using body weight and equipment kickboxing is a great way to increase your heart rate and get you sweating. While alleviating stress this class also teaches you the basics of punching and kicking combinations while having fun.

EAGLE STRONG BOOTCAMP- This boot camp 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!

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.

HIP HOP HOW-TO- This class will introduce basic movement vocabulary within the intersections of hip-hop and jazz-funk dance genres, while giving you an upbeat, groovy cardiovascular and core workout! This class is for dance beginners and vets alike and is a chance to come have fun and vibe while you get a workout in.

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-Pilates is a form of exercise which strengthens the body with an emphasis on core strength with small, low-impact movements. These work to improve general fitness and overall well-being. Pilates helps improve posture, balance, and flexibility.

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!

SSB (Strength Stretch and Balance)-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.

STEP AND SCULPT-Step and Sculpt is an exciting aerobic workout that will get you up and moving. This class utilizes step up equipment to ensure you can go above and beyond. The exercise stepper is a platform used to simulate the ascension of stairs. The signature cardio-based workout will fire away at the body and help you on your path to sculpting the physique you want.

TRIPLE THREAT- A workout adopted from one of our very own instructors! This intense strength workout will work your Arms, Abs, and Glutes. This class is for sure a Triple Threat but don't let that discourage you, all fitness levels are welcome!

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!

VINYASA FLOW YOGA-Vinyasa yoga connects individual poses with the breath in a series of flowing sequences of movement. Designed to progressively open the body, each sequence in a Vinyasa yoga class builds upon the previous. All levels welcome.

YOGA- Build strength and endurance in this yoga flow for all levels. We will incorporate resistance training with weights and other props, as well as light cardio for a full-body workout.

- 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.

JOIN OUR FREE CLASSES!



EOE/F/M/VETS/DISABILITY