

SOUTHERN MISS GROUP EX SCHEDULE

FALL I
August 22-October 9

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

6:30-7:20 AM	HARDIO CARDIO	EAGLE STRONG BOOTCAMP	HARDIO CARDIO	EAGLE STRONG BOOTCAMP		
9:00-9:50 AM		YOGA		YOGA		
12:10-12:50 PM	YOGA	VINYASA FLOW YOGA	YOGA		YOGA	
2:30-3:20 PM						YOGA
4:30-5:00 PM			STRENGTH H.I.I.T.	BUTTS AND GUTS		
5:30-6:20 PM	STRENGTH H.I.I.T.	CARDIO KICKBOXING	HIP HOP			
6:30-7:20 PM						

DOGWOOD STUDIO

6:30-7:20 AM						
12:10-12:50 PM		EAGLE STRONG LOWER	BUTTS AND GUTS	EAGLE STRONG UPPER		
5:30-6:20 PM				BOXING BOOTCAMP		PILATES
6:30-7:20 PM	EAGLE STRONG BOOTCAMP					

SPIN STUDIO

6:30-7:15 AM						
9:00-10:00 AM					SPIN	
5:30-6:30 PM	SPIN		SPIN	SPIN		
6:30-7:30 PM		SPIN				

NATATORIUM POOL

9:00-9:50 AM	AQUA FUSION				AQUA FUSION	
6:00-7:00 PM			PADDLEBOARD YOGA			

FOR SCHEDULE & UPDATES ON GROUP FITNESS CLASSES FOLLOW US ON SOCIAL MEDIA

*ALL CLASSES ARE FREE

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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 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!

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 a variety of movements while using a variety of equipment.

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!

EAGLE STRONG LOWER: This boot camp class will challenge the limits of your lower body from our very own Personal Trainers at the Payne Center. A combination of lower body resistance push/pull exercises to really train the quads, hamstrings, glutes, and calves!

EAGLE STRONG UPPER: This boot camp class will challenge the limits of your upper body from our very own Personal Trainers at the Payne Center. A combination of upper body resistance push/pull exercises to really train the shoulders, chest, triceps, biceps, traps, and lats!

HARDIO CARDIO: 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.

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.

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!

STRENGTH H.I.I.T.- 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.

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.

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, connecting mind and body in a meditative flow that improves strength, flexibility, and mindfulness. All levels welcome.

- 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!



EOE/F/M/VETS/DISABILITY