

SOUTHERN MISS GROUP EX SCHEDULE

FALL II 2021
OCTOBER 11 - DECEMBER 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

6:30-7:20 AM					
9:00-9:50 AM					
12:10-12:50 PM	YOGA		YOGA		YOGA
2:00-2:50 PM					
4:30-5:20 PM					
5:30-6:20 PM	H.I.I.T	EAGLE STRONG	DANCEFIT	ZUMBA	
6:30-7:20 PM	CARDIO KICKBOXING	HIP HOP	YOGA	CARDIO KICKBOXING	

DOGWOOD STUDIO

4:30-5:20 PM	
5:30-6:20 PM	
6:30-7:20 PM	TRX

SPIN STUDIO

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

NATATORIUM POOL

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

FOR SCHEDULE & UPDATES ON GROUP FITNESS CLASSES LIKE US ON FACEBOOK @ USMCampusRec

*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.

Cardio Kick Boxing: 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.

Dance Fit: is a type of group exercise class that incorporates some or many forms of dance. It's an aerobic workout, divided into different tracks that provide peaks and troughs of intensity. The overall intensity of a class varies depending on the style you're doing.

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!

HIIT: Interval Training done right. This class involves high intensity movements for a given time followed by short rest intervals. 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 welcome and all exercises can be modified.

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, 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!

Spin: Join us in our spin studio for an amazing cardio workout utilizing flat roads, hills, and intervals to keep you guessing and your heart rate racing!

TRX: This class will demonstrate the versatility of the 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!

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.

Zumba: Inspired by Latin based music this class offers a cardio activity while teaching you the basics of Salsa, Cumbia, Reggaeton, and Merengue. No experience necessary!

- 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!



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