

# SOUTHERN MISS GROUP EX SCHEDULE

SPRING I  
JANUARY 19 - MAY 7

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

## GYM COURT 4

6:30 -7:20 AM

9:00-10:00 AM

12:10-12:50 PM

2:00-2:50 PM

4:30-5:20 PM

5:30-6:20 PM

6:30-7:20 PM

YOGA

ZOOM

YOGA

YOGA

ZOOM

BOOTCAMP

ZOOM

HIIT

STEP

HIP HOP

ZOOM

ZUMBA

ZOOM

YOGA

ZOOM

CARDIO DANCE FUSION

ZOOM

CARDIO KICKBOXING

ZOOM

BOOTCAMP

YOGA

ZOOM

SELECT GROUP EX CLASSES ARE OFFERED IN PERSON AND VIRTUALLY THROUGH ZOOM. TO REGISTER, EMAIL [FITNESS@USM.EDU](mailto:FITNESS@USM.EDU)

ZOOM

## SPIN STUDIO

6:30-7:20 AM

9:00-9:50 AM

12:10-12:50 PM

6:15-7:15 PM

SPIN

SPIN

SPIN

## NATATORIUM POOL

9:00-9:50 AM

5:30-6:30 PM

AQUA FUSION

AQUA FUSION

PADDLEBOARD YOGA

AQUA ZUMBA

Campus Recreation requires participants to wear masks and maintain 10 feet physical distance when exercising.

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

\*ALL CLASSES ARE FREE



EOE/M/F/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. This class is perfect for any fitness level. Enjoy the gravity of water while getting a great workout.

**Bootcamp**- Full of intervals, sets and repetitions, our bootcamp class offers a variety of strength training exercises. Using traditional calisthenics, body weight exercises, and free weights you'll feel powerful and strong. With the motivation and help of our instructor, you'll be taken through a circuit of exercises guaranteeing a full body workout.

**Cardio Dance Fusion**- If music is your outlet, check out our cardio dance fusion class. Hip hop, pop, and jazz are some of the different styles of that our instructors will get you moving to. Exercising to the beat of the music while having a great time. All levels of dance are encouraged to attend!

**Eagle Strong**- If you're looking for an intense challenge from one of our very own Payne personal trainers check out our Eagle strong class! 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!

**Hip Hop**- Using new and old school music, this class utilizes the fundamentals of hip hop to achieve a great cardio workout. Different styles of dance are welcomed.

**H.I.T.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.

**Cardio Kickboxing**- Using bodyweight 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.

**Paddleboard Yoga**- Enjoy the buoyancy of water while getting a great strength in our paddleboard yoga class. Strengthen your balance and muscles while keeping cool. Don't worry, the paddle board is attached while you relax. All levels welcomed!

**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.

**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.



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JOIN OUR FREE CLASSES!



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