

# SOUTHERN MISS GROUP EX SCHEDULE

SPRING I  
JANUARY 21 - MARCH 13

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SUNDAY**

## MAGNOLIA STUDIO

6:30-7:20 AM	EAGLE STRONG	PILATES FLOW	EAGLE STRONG	PILATES FLOW	EAGLE STRONG	
9:00-10:00 AM		SSB		SSB	GENTLE YOGA FLOW	
12:10-12:50 PM	YOGA		YOGA		YOGA	
1:30-2:20 PM					YOGA BARRE FUSION	
4:30-5:20 PM		YOGA SCULPT				
4:45-5:15 PM			ARMS & ABS	TRANSFORM		
5:30-6:20 PM	CARDIO CONDITIONING	20/20/10	HIP HOP	BARRE INTENSITY		BODY SCULPT
6:30-7:20 PM	BEGINNER YOGA	BOXING BOOTCAMP	CARDIO KICKBOXING	BOXING BOOTCAMP		YOGA

## DOGWOOD STUDIO

5:30-6:20 PM	STEP & SCULPT	BUTTS & GUTS		BUTTS & GUTS	
6:30-7:00 PM	TRANSFORM	TRANSFORM			
6:30-7:20 PM			BEGINNER YOGA	YOGA SCULPT	

## SPIN STUDIO

6:30-7:20AM				
4:30-5:20 PM				
5:30-6:00 PM				
5:30-6:20 PM	CYCLE	CYCLE BC	CYCLE BC	SPIN
6:30-7:20 PM				

## NATATORIUM POOL

9:00-9:50 AM	AQUA FUSION		AQUA FUSION		AQUA FUSION
5:30-6:30 PM					

\*ALL CLASSES ARE FREE  
EOE/F/M/VETS/DISABILITY

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



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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.

**Arms & Abs:** This class is the perfect addition to butts & guts. Complete your full body workout by strengthening the muscle in the upper body and abdominals at the same time. Using a variety of equipment this class will target the chest, back, shoulders, triceps, and biceps as well as concentrate on the core muscles.

**Barre intensity:** Barre Intensity® 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.

**Body Sculpt:** Pressed for time? This is a 30 minute full body strength training class that will use a variety of equipment to target each major muscle group. You will not be disappointed!

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

**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 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:** Need an hour of cardio and like to move to the beat? This is the perfect class for you! This class combines basic kickboxing moves that will keep you on your toes while moving to the beat. Come get a great cardio workout and relieve your stress by throwing punches and perfecting your kicks! No prior kickboxing training required!

**Cycle:** Join us for an amazing indoor bike riding workout utilizing flat roads, hills, and intervals to keep you guessing and your heart rate racing!

**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!

**Gentle Yoga Flow:** Perfect for people that are new to yoga because it runs at softer pace or tempo.

**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.

**Pilates Flow:** This class will be a blend of traditional mat Pilates, but incorporating yoga while focusing on breathing techniques to help increase flexibility and to relax the body and mind. This class will provide nurturing movements great for all populations and fitness levels.

**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!

**Step & Sculpt:** This class incorporates both cardio and weight lifting into one unique session. Get your daily bout of cardio in by stepping up to a beat, then continue on with weight training techniques that keep your heart rate up and your muscles activated. Rhythm can be required, but don't get discouraged! Practice makes perfect!

**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!

**Transform by BeachBody:** New to the Payne Center! This 30-minute, high-intensity, cardio-conditioning class that utilizes a step for an effective, efficient workout.

**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 welcome in every class.

**Yoga Barre Fusion:** This hybrid class gives you the opportunity to get the best of both worlds in one workout. Yoga Barre Fusion consists of vinyasa sequences to get you to breathe, sweat, and tone the body all at once and is combined with lower-body barre work.

**Yoga Sculpt:** 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.

**20/20/10:** This all-in-one workout will use a variety of equipment to give you 20 minutes of cardio, 20 minutes of strength training, and ten minutes of core.



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SOUTHERN MISS  
CAMPUS RECREATION

- 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