

SOUTHERN MISS GROUP EX SCHEDULE

SPRING II
March 20 - May 7

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

6:30-7:20 AM
8:00-8:50 AM
12:10-1:00 PM
2:00-2:50 PM
5:00-5:45 PM
5:30-6:20 PM

SUNRISE YOGA

YOGA

HUSTLE AND MUSCLE

STEP/SCULPT

SUNRISE YOGA+

YOGA

HIP HOP

EAGLE STRONG

TRIPLE THREAT

80'S H.I.I.T(s)

SUNRISE YOGA

YOGA

PILATES

DOGWOOD STUDIO

9:00-9:50 AM
12:10-1:00 PM
5:00-5:45 PM
5:30-6:20 PM
6:30-7:20 PM

HIP HOP HOW TO

TRX TUESDAY

SPIN BOOTCAMP

YOGA+

BOXING BOOTCAMP

BUTTS & GUTS

SPIN STUDIO

9:00-9:50 AM
12:10-1:00 PM
5:30-6:20 PM
6:30-7:20 PM

SPINNING & WINNING

SPIN

SPIN

SPIN

SPIN BOOTCAMP

SPIN

SPIN

NATATORIUM POOL

9:00-9:50 AM
6:00-6:50 PM

AQUA FUSION

AQUA JOG

PADDLEBOARD YOGA

AQUA FUSION

* ALL CLASSES ARE FREE
+OUTDOOR CLASS
HELD ON PRIDE FIELD,
WEATHER PERMITTING

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EOE/F/M/VETS/DISABILITY

SOUTHERN MISS GROUP EX SCHEDULE

SPRING II
January 17-March 10

80'S H.I.I.T(S)-High-Intensity Interval Training is the new go-to workout! As a standard HIIT class, 80's HIIT will keep you guessing, and it incorporates high-intensity exercises for a given time followed by brief active recoveries. With the exclusive addition of guaranteed 80s-themed rock music, this HIIT class will leave you feeling revitalized by encouraging you to blast into the past while challenging yourself to receive the most benefit from your workout. All fitness levels are welcomed, and all exercises can be modified. No previous 80s music knowledge is required.

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.

AQUA JOG- Tired of the treadmill? Get in the Pool! This cardio-based class is made to keep you moving through the water. Worried about swimming? NO PROBLEM. We have buoyancy belts to help you stay afloat. The class design is similar to the fundamental cardio class, with a low joint impact that includes races, timed runs, and treading water. All fitness levels are encouraged to join us.

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.

EAGLE STRONG- This 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.

HUSTLE AND MUSCLE-This classic muscle and hustle workout alternates between cardio and strength. We'll do some cardio hustle to get the heart rate up and use strength training to build muscle. These interval workouts will work your entire body for all fitness levels.

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!

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!

SPIN BOOTCAMP-This class is half intense spin that will work your core and lower body. The other half of the class is bootcamp exercises with body weight movements and weight aided exercises.

SPINNING AND WINNING- High energy, high motivation, and high heart rate! Leg day at its finest with a winning attitude aimed at all spinners while you are led through some flat roads, mixed terrain and conquer some mountains to the peak! Ride with a smile with songs you recognize while being pushed to be your best!

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 dont 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!

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