

# SOUTHERN MISS GROUP EX SCHEDULE

JANUARY INTERIM  
January 5 - January 18

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

## MAGNOLIA STUDIO

6:30-7:20 AM

8:00-8:50 AM

12:10-1:00 PM

YOGA

2:00-3:00 PM

4:00-5:00 PM

5:30-6:20 PM

HUSTLE & MUSCLE

6:30-7:20 PM

YOGA

ZUMBA

## DOGWOOD STUDIO

12:10-1:00 PM

4:00-5:00 PM

5:30-6:20 PM

6:30-7:20 PM

## SPIN STUDIO

6:30-7:20 AM

12:10-1:00 PM

5:30-6:20 PM

SPIN

## NATATORIUM POOL

10:00-10:50 AM

6:45-7:20 PM

ALL CLASSES ARE FREE

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

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SOUTHERN MISS  
CAMPUS RECREATION

EOE/VETS/DISABILITY

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**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!

**FUNCTIONAL FIT**- Functional Fit combines functional movements with high-intensity exercises to improve overall fitness and functional strength. In this class, you'll engage in a variety of exercises that mimic real-life movements, such as pushing, pulling, squatting, and lifting. Led by experienced trainers, each session is designed to enhance mobility, stability, and coordination.

**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.

**SPIN**- Join us for an amazing indoor bike riding workout utilizing flat roads, hills, and intervals to keep you guessing and your heart racing.

**YOGA**- Build strength and endurance in this yoga flow for all levels. We incorporate resistance training with weights and other props, as well as light cardio for a full-body workout.

**ZUMBA**- Mixing body sculpting movements with easy-to-follow dance steps. Zumba uses a variety of Latin rhythms including cumbia, merengue, reggaeton, hip hop, mambo, rumba, samba, flamenco, calypso, and salsa. Featuring aerobic interval training with a combination of fast and slow rhythms to tone and sculpt the body.

- 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.



**SOUTHERN MISS**  
**CAMPUS RECREATION**