

SOUTHERN MISS GROUP EX SCHEDULE

GRADUATION WEEK
December 8 – December 14

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

DOGWOOD STUDIO

6:30–7:20 AM	EAGLE STRONG	LIT	EAGLE STRONG	LIT
8:00–8:50 AM		YOGA/MEDITATION		YOGA/MEDITATION
12:10–1:00 PM	YOGA	PILATES	YOGA	PILATES
2:00–3:00 PM				
4:00–5:00 PM	LIT	YOGA	MEDITATION	
5:30–6:20 PM	HUSTLE & MUSCLE	FUNCTIONAL FIT	ZUMBA	
6:30–7:20 PM	BOXING BOOTCAMP			

SPIN STUDIO

6:30–7:20 AM	SPIN	
12:10–1:00 PM	SPIN	SPIN
5:30–6:20 PM		SPIN

NATATORIUM POOL

10:00–10:50 AM	AQUA FUSION	
6:45–7:45 PM	PADDLE BOARD YOGA	PADDLE BOARD YOGA

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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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 | .

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!

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.

LIT: Low Impact Training- A high-intensity interval training (HIIT) workout designed to deliver maximum results while minimizing stress on your joints. LIT combines low-impact movements with targeted intervals to improve strength, endurance, and cardiovascular fitness. Perfect for all fitness levels, this class is ideal for those looking to push themselves without compromising joint health.

MEDITATION- Come to meditation with Balsem, our yoga and meditation instructor of the year! Calm those pre-exam jitters or just center and elevate yourself mentally and physically. Everyone is welcome to attend.

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!

PILATES- Pilates is a form of exercise which strengthens the body with an emphasis on core strength with small, low-impact movements. These work to improve general fitness and overall well-being. Pilates helps improve posture, balance, and flexibility.

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.

YOGALATES- Yogalates blends the mindful stretching and breathwork of yoga with the core-strengthening precision of Pilates, creating a balanced full-body workout. In class, you'll flow through gentle poses and controlled movements that improve flexibility, posture, and muscle tone. It's both energizing and calming, all fitness levels welcome.

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.



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