

# SOUTHERN MISS GROUP EX SCHEDULE

INTERIM  
December 15 – December 22

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

## MAGNOLIA STUDIO

6:30–7:20 AM

8:00–8:50 AM

12:10–1:00 PM

2:00–3:00 PM

4:00–5:00 PM

5:30–6:20 PM

6:30–7:20 PM

## DOGWOOD STUDIO

12:10–1:00 PM

EAGLE STRONG

EAGLE STRONG

EAGLE STRONG

4:00–5:00 PM

5:30–6:20 PM

FUNCTIONAL FIT

FUNCTIONAL FIT

FUNCTIONAL FIT

6:30–7:20 PM

## SPIN STUDIO

6:30–7:20 AM

12:10–1:00 PM

5:30–6:20 PM

## 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

# SOUTHERN MISS GROUP EX SCHEDULE

INTERIM

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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.

- 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**