

SOUTHERN MISS GROUP EX SCHEDULE

FALL I
August 18 – October 13

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

6:30–7:20 AM	EAGLE STRONG	LIT	EAGLE STRONG	LIT	EAGLE STRONG	
8:00–8:50 AM		MEDITATION		MEDITATION		
12:10–1:00 PM	YOGA	PILATES	YOGA	PILATES		
2:00–3:00 PM						YOGA
4:00–5:00 PM		YOGA	MEDITATION	YOGA		
5:30–6:20 PM	HUSTLE & MUSCLE	CARDIO DANCE	ZUMBA	BALLROOM DANCE		YOGALATES
6:30–7:20 PM	DANCE 101			SWING DANCE		

DOGWOOD STUDIO

12:10–1:00 PM	WEIGHTLIFTING W/ TENLI		WEIGHTLIFTING W/ TENLI		TRXtreme	
4:00–5:00 PM	LIT		LIT			
5:30–6:20 PM		FUNCTIONAL FIT	ADVANCED BOXING	FUNCTIONAL FIT		
6:30–7:20 PM	BOXING BOOTCAMP					

SPIN STUDIO

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

NATATORIUM POOL

10:00–10:50 AM	AQUA FUSION		AQUA FUSION		AQUA FUSION	
6:30–7:20 PM			PADDLE BOARD YOGA			

ALL CLASSES ARE FREE

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SOUTHERN MISS
CAMPUS RECREATION

EOE/VETS/DISABILITY

SOUTHERN MISS GROUP EX SCHEDULE

FALL I
August 19 – October 6

ADVANCED BOXING- Level up! Built upon our base-level boxing boot camp, this class incorporates more drill-based punching activities to boost your muscular endurance and cardiovascular system while introducing pad-based partner work to develop mobility and awareness.

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.

BALLROOM DANCE- Ballroom Dance Class introduces you to elegant ballroom-based dances. Whether a beginner or seasoned dancer, enjoy learning graceful moves in a supportive, social setting. Enhance your rhythm, balance, and confidence while having fun and meeting new friends. Step into the world of ballroom with 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!

CARDIO DANCE- Cardio Dance is a high-energy class blending dance moves with exercise. Set to today's and yesterday's popular music, you will definitely have some fun and drum up a sweat. Perfect for all fitness and dance levels, it offers a dynamic, engaging way to burn calories and improve overall fitness.

DANCE 101- Want to learn some basic principles of dance and have a fun time while doing it? You've come to the perfect class! Come ready to have fun and get your blood pumping to the rhythm.

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.

SPINergy- I higher energy elevated version of our normal Spin class. Coach Abbi will take you on a wild and heart-pumping ride while jamming out to today's popular tunes. While this is a higher-level spin class, all fitness levels are still welcome to attend.

TRXtreme- TRXtreme takes suspension training to the next level with high-intensity, full-body exercises that challenge your strength, stability, and endurance. Using the TRX straps, you'll push, pull, and plank your way through dynamic movements that engage every muscle group. This is our most scalable class, from beginner to advanced, all are welcome!

WEIGHTLIFTING- Get stronger and sculpt your muscles with our weightlifting Group Exercise class. This dynamic and motivating class is perfect for anyone looking to build strength, improve muscle tone, and enhance overall fitness. Led by certified trainers, each session focuses on different muscle groups to ensure a balanced and effective workout. Whether you're a beginner or a seasoned lifter, our instructors will guide you through safe and challenging exercises that promote strength gains and muscular endurance.

SWING DANCE - Swing Dance offers lively, energetic lessons in dances in a west-coast swing format. Perfect for all skill levels, this fun, social class helps improve coordination and rhythm. Dance to upbeat music, meet new friends, and enjoy a great workout while learning the joyful art of swing dancing! Bring a Partner or find one there!

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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CAMPUS RECREATION