

# SOUTHERN MISS GROUP EX SCHEDULE

FALL II  
November 1- December 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

## MAGNOLIA STUDIO

6:30-7:00 AM

WAKE UP WARM UP

8:00-8:50 AM

EAGLE STRONG

12:10-12:50 PM

YOGA

YOGA

BUTTS & GUTS

2:00-2:50 PM

YOGA

4:00-4:50 PM

EAGLE STRONG

ZUMBA

5:00-5:50 PM

PILATES

5:30-6:20 PM

HUSTLE AND MUSCLE

STEP/SCULPT

HIP-HOP

6:30-7:20 PM

PRINCESS POP

SWING DANCE 101

## DOGWOOD STUDIO

5:30-6:20 PM

BOXING BOOTCAMP

ADVANCED BOXING

BOXING BOOTCAMP

6:00-6:30 PM

AB BLASTER

6:30-7:00 PM

FLASH ZUMBA

## SPIN STUDIO

5:30-6:20 PM

SPIN

6:30-7:20 PM

SPIN

SPIN

## NATATORIUM POOL

9:00-9:50 AM

AQUA PILATES

AQUA ZUMBA

AQUA FUSION

\* ALL CLASSES ARE FREE

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EOE/F/M/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.

**AQUA ZUMBA**- Experience the joy of AquaZumba, a dynamic pool workout merging the fun of Zumba with the benefits of water resistance. Led by our skilled instructors, this low-impact, high-energy class is suitable for all fitness levels. Dive in for an invigorating and exhilarating fitness session that will leave you feeling refreshed, inspired, and unstoppable!

**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.

**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.

**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.

**WAKE-UP WARM-UP**- Find that extra motivation to get you through the week with our Wednesday Warm-Up. This 30-minute class is open to all fitness levels! Combining active stretching with fundamental mobility training and low-impact movements, you will leave this class ready to push through to Friday!

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

**STEP/SCULPT**- This class incorporates both cardio and weight lifting into one unique session. Get your daily bout of cardio in by stepping up to a beat, then continue on with weight training techniques that keep your heart rate up and your muscles activated. Rhythm can be required, but don't get discouraged! Practice makes perfect!

**SWING DANCE**- Step into the rhythm of our Swing Dance Group Exercise Class! Led by one of the most enthusiastic instructors, this high-energy session blends swing dance and popular music for a toe-tapping experience. All skill levels are welcome to join in the fun. Get ready to swing, sway, and dance the night away!

**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.

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

**PRINCESS POP**- This class is all about getting down and finding your groove. Join Coach Princess as she leads you through an aerobic dance class where you will drop, pop, and lock it until you break a sweat!

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

**AB-BLASTER**- Wednesday is known as the CORE of the week. So, on Wednesday, we blast abdominals and obliques for 30 minutes!

**AQUA PILATES**- A combination of water aerobics and pilates, this class will have you in both shallow and deep water. While staying afloat using the pool noodles, this class will teach you how to engage the upper body, lower body and the core to get the most out of your time in the water.

**FLASH ZUMBA**- Get Up, Get Hype, and Get After it in this 30-minute Zumba class! Participants need no prior Zumba experience to get in on the action, as our instructor will lead them through a number of Latin-based dances that are sure to get the heart rate up and the feet moving.

- 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