

SOUTHERN MISS GROUP EX SCHEDULE

SPRING I 2026
JANUARY 20 - MARCH 15

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

6:30-7:20 AM	EAGLE STRONG
8:00-8:50 AM	LIT: LOW IMPACT TRAINING
9:30-10:20 AM	PILATES
12:10-1:00 PM	YOGA
2:00-3:00 PM	
4:00-5:00 PM	
5:30-6:20 PM	HUSTLE AND MUSCLE
6:30-7:20 PM	DANCE 101

LIT: LOW IMPACT TRAINING
PILATES

EAGLE STRONG
PILATES
PILATES
YOGA

YOGA
PILATES

EAGLE STRONG

YOGA

DOGWOOD STUDIO

12:10-1:00 PM	
4:00-5:00 PM	LIT: LOW IMPACT TRAINING
5:30-6:20 PM	
6:30-7:20 PM	BOXING BOOTCAMP

LIT: LOW IMPACT TRAINING
FUNCTIONAL FIT

FUNCTIONAL FIT
TRXtreme

SPIN STUDIO

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

SPIN
SPIN

SPIN

NATATORIUM POOL

10:00-10:50 AM	AQUA FUSION
6:45-7:45 PM	PADDLEBOARD YOGA

AQUA FUSION
AQUA FUSION

ALL CLASSES ARE FREE

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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.

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

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.

TRXTREME- A Suspension trainer class to challenge you to build functional strength and get your heartrate up! This class is to challenge and transform but scalable for all fitness levels due to the ground-breaking TRX suspension trainer system.

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.

- 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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