

SOUTHERN MISS GROUP EX SCHEDULE

FINALS WEEK
MAY 4 - MAY 8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

DOGWOOD STUDIO

6:30-7:20 AM	EAGLE STRONG	CARDIO HARDIO	EAGLE STRONG		
12:00-1:00 PM	YOGA (12:10)	BEGINNER YOGA	YOGA (12:10 pm)	BEGINNER YOGA	
2:00 - 3:00 PM					YOGA
5:00-6 :00 PM					PILATES
5:30 - 6:20 PM	HUSTLE AND MUSCLE	STEP AND SCULPT			
6:30-7:20 PM	BOXING BOOTCAMP	CARDIO DANCE			

SPIN STUDIO

12:10-1:00 PM	SPIN	SPIN
5:30-6:30 PM		
6:30-7:30 PM	SPIN	

NATATORIUM POOL

9:00-9:50 AM	AQUA FUSION
6:30-7:20 PM	PADDLEBOARD 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

SOUTHERN MISS GROUP EX SCHEDULE

FINALS WEEK

MAY 4 - MAY 8

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.

BEGINNER YOGA-Yoga-lite, this class takes a slower and simpler approach to many of the Yoga patterns and styles so that even beginners can get a handle on the basics.

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.

CARDIO HARDIO-A class to get the heart pumping. This class uses treadmills, running tracks, rowers, and just about any cardio format you can think of to increase cardiorespiratory fitness and never let you be bored.

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!

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.

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.

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!

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.



SOUTHERN MISS
CAMPUS RECREATION

EOE/F/M/VETS/DISABILITY