**Southern Miss Group Ex Schedule**

**20/20/10:** This all in one workout will use a variety of equipment to give you twenty minutes of cardio, twenty minutes of strength training, and ten minutes of core.

**Arms & Abs:** This class is the perfect addition to butts & guts. Complete your full body workout by strengthening the muscles in the upper body and abdominals at the same time. Using a variety of equipment this class will target the chest, back, shoulders, triceps, and biceps as well as concentrate on the core muscles.

**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. If you have your own punching gloves, feel free to bring them.

**Boxing:** Punch your way to fitness or come to relieve some stress. This drill-based class will utilize our punching bags giving you a heart pumping workout working you cardiovascular system and muscle endurance. No boxing experience is needed. If you have your own punching gloves, feel free to bring them.

**Body Sculpt:** Pressed for time? This is a 30 minute full body strength training class that will use a variety of equipment to target each major muscle group. You will not be disappointed!

**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.

**Cardio Kickboxing:** Need an hour of cardio and like to move to the beat? This is the perfect class for you! This class combines basic kickboxing moves that will keep you on your toes while moving to the beat. Come get a great cardio workout and relieve your stress by throwing punches and perfecting your kicks! No prior kickboxing training required!

**Cardio Dance:** If you like Zumba, you will like this class. Come dance your cardio in for the day and have fun while doing it. Cardio dance will incorporate easy to follow dance moves to get your heart pumping. No prior dance experience needed.

**Eagle Strong:** This Bootcamp 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, and plyometrics moves to give you an amazing functional workout! All fitness levels are welcome!

**Extreme Eagle Challenge:** Extreme Eagle Challenge will allow you to challenge yourself for an intense one month training program with personal trainers. Need extra motivation or accountability? This class is perfect for you, although it can be intense, any fitness level is welcomed. There are limited spots available and each challenge starts on the first Monday or every month. Get your spot by registering at the front desk.

**HIIT:** Interval Training done right. This class involves high intensity movements for a given time followed by short rest intervals. HIIT training keeps you guessing but allows you to work at your own pace and get what you want out of your workout. All fitness levels are welcome and all exercises can be modified.

**Hip Hop Dance:** 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.

**Kickin IT with Kettlebell:** Use the newest fitness equipment in this full body workout. While incorporating kickboxing for cardio to keep your heart pumping. While doing functional, compound exercises with the kettlebell that work multiple muscle groups simultaneously, developing strength and muscular endurance, a blasting calorie burn!

**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, while receiving the benefits of yoga at the same time. All you need is your bathing suit and towel and will meet in our newly renovated indoor pool!

**Power Barre:** Power Barre introduces toning and strength exercises with the grace and technique of ballet.

**Power Strength:** Pressed for time? This is a 30 minute full body strength training class that will use a variety of equipment to target each major muscle group. You will not be disappointed!

**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!

**Stretch, Strength, and Balance (SSB):** This class focuses on functional movements that aim to increase your strength and improve balance and flexibility. These components are essential to a well-rounded exercise program and can offer great variety to your exercise routine!

**Spin:** Join us in our spin studio for an amazing cardio workout utilizing flat roads, hills, and intervals to keep you guessing and your heart rate racing!

**TRX:** This class will demonstrate the versatility of the new TRX suspension Trainers while giving you the strength, cardio, and core workout that you have been looking for. This is the perfect way to spice up your workout! All fitness levels are welcome!

**Yoga:** This mind/body class utilizes basic Yoga movements to improve your flexibility, posture, and balance while strengthening the core. This is a great class to relieve stress and relax your mind! All classes are modified for each fitness level and beginners are always welcome in every class.

**Join Our Free Classes!**

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**FALL II 2018**

**OCTOBER 15 - NOVEMBER 30**

**Please be sure to clean equipment before and after 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 serve basis.**

**Communicate with the instructor if you need to leave early or have questions about the class equipment.**

**Spinning cleats are only permitted inside of the spinning studio.**

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