

SOUTHERN MISS GROUP EX SCHEDULE

SPRING II 2019
MARCH 16 - MAY 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

6:30-7:20 AM	EAGLE STRONG	PILATES FLOW	EAGLE STRONG	PILATES FLOW	EAGLE STRONG
8:30-9:30 AM		SSB		SSB	
12:10-12:50 PM	YOGA		YOGA		BEGINNER YOGA
4:00-4:50 PM					
4:30-5:20 PM	BUTTS & GUTS		BUTTS & GUTS	PILATES FLOW	
5:30-6:20 PM	H.I.I.T	20/20/10	HIP HOP	H.I.I.T	
6:30-7:20 PM	PILATES STRENGTH	YOGA	PILATES FLOW	(6:30 - 7PM) CORE & MORE	

DOGWOOD STUDIO

4:30-5:20 PM		CARDIO AND CORE		CARDIO AND CORE	
5:30-6:20 PM	STEP	BOXING BOOTCAMP	H.I.I.T	YOGA	
6:30-7:20 PM	TRX BLAST	(6:30 - 7PM) CORE & MORE			BEGINNER YOGA
7:00-7:50 PM				BEGINNER YOGA	

SPIN STUDIO

6:30-7:00 AM				
1:30-2:30 PM		CYCLE & STRENGTH		CYCLE & STRENGTH
4:30-5:30 PM	CYCLE			
5:30-6:20 PM		CYCLE EXPRESS	CYCLE	CYCLE
6:30-7:00 PM	CYCLE EXPRESS			

NATATORIUM POOL

9:00-9:50 AM	AQUA FUSION		AQUA FUSION		AQUA FUSION
4:00-4:50 PM					
5:30-6:30 PM			PADDLEBOARD YOGA		

JOIN OUR FREE CLASSES!

SOUTHERN MISS GROUP EX SCHEDULE

SPRING II 2019
MARCH 8 - MAY 3

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 Bootcamp: 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 your cardiovascular system and muscle endurance. No boxing experience is needed.

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.

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

Cycle & Strength: Get both your cardio and strength training done in one class. This cycle class will include bouts of riding on the bike and then getting off to complete strength based moves.

CycleXpress: Are you pressed for time?? This is our 30-minute indoor bike riding with climbs, sprints, and more!

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, core, and plyometrics moves to give you an amazing functional workout! All fitness levels are welcome!

Hard Core: Work your total core strength while incorporating stability exercises utilizing different equipment that include the BOSU, stability balls, gliders, resistance tubes, and more. Use a variety of equipment to work all the muscles of the core!

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.

Kettlebell: Use the newest fitness equipment in this full body workout. While incorporating cardio exercises to keep your heart pumping. Functional, compound exercises 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!

Pilates Flow: This class will be a blend of traditional mat Pilates, but incorporating yoga while focusing on breathing techniques to help increase flexibility and to relax the body and mind. This class will provide nurturing movements great for all populations and fitness levels.

RIPPED to the Core: Utilizing the RIPPED trainer this class will provide new and innovative ways to functionally work the core. If you have never heard of the RIPPED trainer, do not let that scare you. It is a lever bar that attaches to the TRX strap that can provide a unique mix of rotation, core stability, control, power, and strength exercises. All fitness levels are welcomed.

Step: Step is one of the first formats of group exercise and is still around because of the great cardio and choreography it provides. Step up and down on a bench to a fun routine.

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!

TRX Blast: 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 welcomed in every class. **Beginner Yoga** is perfect for people that are new to yoga.

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.



- 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 serve 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!