# SOUTHERN MISS GROUP EX SCHEDULE

**SUMMER II 2017**

**JULY 5 - AUGUST 4**

## CLASS POLICIES

- 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.

## SOUTHERN MISS GROUP EX SCHEDULE

<table>
<thead>
<tr>
<th>DAY</th>
<th>MAGNOLIA STUDIO</th>
<th>DOGWOOD STUDIO</th>
<th>SPIN STUDIO</th>
<th>NATATORIUM POOL</th>
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<tbody>
<tr>
<td>Monday</td>
<td>6:30-7:20 AM YOGA-JORDAN</td>
<td>5:30-6:20 PM ZUMBA®-JALEN</td>
<td>12:10-12:50 PM AQUACISE-AMBREA</td>
<td>9:00-9:50 AM AQUACISE-AMBREA</td>
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<td></td>
<td>9:00-9:50 AM PIYo™-BRITTNEY</td>
<td>9:00-9:50 AM SPIN-DOROTHY</td>
<td>5:00-5:20 PM SPIN-DOROTHY</td>
<td>5:30-6:20 PM AQUACISE-MADI</td>
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<td></td>
<td>12:10-12:50 PM KICKBOXING-DOROTHY</td>
<td>12:10-12:50 PM SPIN XPRESS-KAITLYN</td>
<td>5:30-6:20 PM SPIN-ROSIE</td>
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<td>4:00-4:50 PM STEP &amp; SCULPT-ROSIE</td>
<td>4:00-4:50 PM SPIN-DOROTHY</td>
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## THANK YOU TO OUR SPONSORS
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**AB Attack:** Attack the core from all angles! Strengthening our core is vital for everyday living. This class will help strengthen your abdominals, obliques, and even lower back offering you an all-round core workout!

**Aquacise:** Take your workout to the pool! This is a great class to get a full body workout while creating less stress on your joints, and incorporating strength and cardio moves in the pool! Working out in water can be a great benefit for any age and all levels of swimmers are welcome.

**Category 4:** This class will enhance your flexibility, muscle endurance & strength and at the same time targeting your cardiorespiratory system.

**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!

**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.

**Kickboxing:** 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!

**Pilates:** Pilates is a body conditioning class that teaches strength, balance, flexibility and endurance for all major and minor muscle groups. This class puts emphasis on breathing techniques and focuses on core movement and spinal alignment.

**PiYo™:** This isn’t your ordinary Pilates/Yoga class. PiYo™ speeds everything up by introducing dynamic, flowing sequences that can burn serious calories as you lengthen and strengthen your muscles using a combination of yoga and Pilates moves to increase your flexibility.

**Senior 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!

**Spin Xpress:** Want to take a spin class, but limited on time? Try the Spin Xpress class for a 30-minute workout.

**Step It Up:** Interested in a faster-paced step class? For fun, high energy cardio workout, with intermediate step moves, try out Step it Up

**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!

**TRX:** Come see what the suspension revolution is all about! This class will show you the fundamentals of the TRX Suspension Trainer while giving you a great workout! TRX is designed for functional training using your own body weight to create a complete fitness experience. 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.

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