



For more information about physical wellness programs, [click here](#).

Classes open for registration a week in advance on the OleMissCR app or IMLeagues.com/OleMiss. Classes labeled “EMPLOYEE ONLY” are only available to UM employees and are taught by other UM employees! Any employee can sign up for these classes for free by getting their UM Employee Group Fitness Pass (\$0 at checkout). Click [here](#) for Ole Miss CR app instructions. All other classes listed require a [Campus Recreation Membership](#).

Belly Dance

Belly dance is a joyful way to include movement and shake up your day! Participants will be introduced to different movements of Middle Eastern dance that we will put together in fun and vibrant combos designed to shake up your day! Let the movements of the shoulders, arms, hips, and torso serve as a counterbalance to the stresses of being seated at a computer for extended periods of time. It's a great way to increase focus and productivity. No dance experience? No problem! This class is open to all levels of experience. Let's laugh, glow, and dance together. Close the computer and shimmy with us!

Cycle + Core

This fusion class combines the cardiovascular exercise of cycling with exercises to challenge and strengthen your abdominal and core muscles. Start class off on the bike for a 30-minute ride and then finish strong with a 15 minute core session! All fitness levels are welcome and all exercises can be modified.

Cycle, Strength, & Stretch

Lock in for this 50 minute class that includes strength, cardio, and yoga! We'll start with the strength portion of the workout, where participants will use weighted or bodyweight exercises to build muscle. Then, we'll hop on the stationary bikes for a quick cardio sweat session. You'll finish off class with yoga, focusing on stretching and flexibility to relax and recover. All fitness levels are welcome and all exercises can be modified.

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Energize & Thrive (At Any Age)

All fitness levels welcome! This class will incorporate both strength and no jumping cardiovascular movements to maximize your workout. Various bodyweight exercises and different pieces of equipment will be set up and have you alternating your exercises and equipment. This is a great class for those looking to incorporate both strength and cardio work into the same class. Set up and equipment vary with instructors.

FIT UM

With an emphasis on wellness, safety, and fun, FITUM will include strength, core conditioning, cardio, and more that will help you look good, feel good, reach your fitness goals, and make you stronger for all that life has to offer. No matter what your fitness level, if you are looking for improved strength and endurance, a new look, cultivating improved health, more energy, and a supportive community, this is for you! Come and experience these 45-50 minute classes designed to transform your fitness and help you look and feel your best!

Full Body Strength

This full body strength workout is achieved utilizing various equipment such as dumbbells, resistance bands, and kettlebells to work all major muscle groups. Different instructors may vary in approach and all exercises can be modified to accommodate any fitness level.

Gentle Yoga 45

Yoga is for every *body*—even if yours isn't exactly the most graceful, flexible, or tiny around. In this gentle yoga class, we'll explore movement that feels good FOR YOU, rather than worrying about what someone else looks like in a particular shape. You'll find a supportive, playful, welcoming space to stretch, explore, and focus within. All are welcome at this class. My teaching focus is on making poses accessible for all, regardless of mobility challenge or experience level. We won't move quickly, nor will we sweat. There will be minimal moving up and down off the floor (and options to use a chair instead if you prefer). You'll leave feeling more relaxed than when you came.

Pilates

Focus on building strength as well as working on the mind and body connection. This class will incorporate bodyweight and light weight dumbbells, with high repetitions, to help build muscle tone and endurance. Work may be done both standing and on a mat. Exercises and mind and body connection may vary with instructors.

Power Yoga 45

A fitness-inspired total body yoga class designed to help you build muscular strength and endurance and to challenge your balance and flexibility with both traditional and advanced flows and poses. Prepare to challenge yourself to be the best you, both body and mind! For yogis of all levels.

Strength Made Simple

Using Campus Recreation's new Matrix Go Series machines, you'll hit all of your major muscle groups in this circuit-style class. This class is also a great way to get introduced to selectorized gym equipment so that you can comfortably use them on your own on the fitness floors. This class is great for all levels of fitness - we'll focus on building strength from whatever your starting point is!

Strength and Stability 45

Aiming to improve your core strength, while also improving flexibility and range of motion, this class will typically utilize the stability ball for exercises to target a full body workout, sometimes including agility movements. This strength based class will focus on small muscle movements with isometric holds, in order to increase muscle strength and endurance. Great for those looking for a change of pace in their day to day workout!

Tai Chi

Improve your balance, lower your blood pressure, and chill out as we practice Tai Chi. In this 45-minute class, Dan O'Sullivan will teach basic postures and movements associated with this art often called "moving meditation." No prior experience necessary, all levels are welcome. Wear comfy clothes and bring water.

TRX 45

TRX Suspension training systems will be used with bodyweight exercises to develop strength, balance, flexibility and core stability simultaneously, during this full body class. Along with gravity and bodyweight, there may be other small equipment items used during this class to add to TRX. Instruction on how to use the TRX system and proper form, alignment and safety will be shown. No prior TRX experience is necessary.

TRX HIIT & Kettlebells

A full-body workout combining TRX suspension training, kettlebell movements, and HIIT intervals. Build strength, improve stability, and boost endurance while challenging yourself through a fun workout! Designed for all fitness levels.

Yoga Flow 45

Similar to Vinyasa flow, you will connect the breath with fundamental poses, building heat and increasing endurance, strength and flexibility. Whether it is flowing through sun salutations or lying still in shavasana, you will leave this class feeling inspired and rejuvenated. A great class for yogis of all levels.

Yoga Sculpt 45

A unique class that includes traditional yoga postures with inspiration from Pilates and strength training. This class is a total body workout designed to sculpt and strengthen by combining yoga postures with light weights (1-5 lbs), resistance bands, and cardio. You can choose to work with or without hand weights and resistance bands throughout the class. No yoga or group exercise experience necessary. You will leave feeling stronger, refreshed, and uplifted. This class is for anyone looking for a fun and challenging workout in a guided group setting!