



F45 is located at the Payne Center on the Southern Miss Hattiesburg Campus. Classes feature functional team training and last 45 minutes combining circuit training and H.I.I.T style workouts. This popular fitness franchise includes access to over 4,000 exercises with a different workout each session and offers trainer oversight, support and motivation.

F45 MEMBERSHIP FEES

INDIVIDUAL	SIGN UP INITIAL THREE MONTHS	MONTHLY RECURRING
USM STUDENT	\$100	\$40
UNIVERSITY PAYNE CENTER MEMBER	\$100	\$40
COMMUNITY/NON-PAYNE CENTER MEMBER <i>(Parking pass included with initial three month membership.)</i>	\$130	\$50
ADD-ON FOR PAYNE CENTER AMENITIES <i>(Includes showers, locker room, access to Natatorium, Rock Wall, and all fitness offerings.)</i>		\$20

TO SIGN UP, VISIT THE PAYNE CENTER SALES DESK.

