

Baptist Healthplex-Jackson Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 am		Spintastic (45)		Spintastic (45)	
6:00 am	Body Sculpt		Body Sculpt		
8:30 am	Core N More		Core N More		Core N More
9:15 am	Gentle Yoga				
10:30 am		Senior Fit		Senior Fit	
11:00 am		Zumba (30)		Zumba (30)	
11:30 am		Tai Chi (30)		Tai Chi (30)	
11:45 am	Body Sculpt		Body Sculpt		Power Yoga*
12:00 pm		Cardio Sculpt		Cardio Sculpt	
12:15pm	Crunch @ Lunch		Crunch @ Lunch		Crunch @ Lunch
4:45 pm	H.E.A.T.		H.E.A.T.		
5:15 pm			Tai Chi* (45)		
5:30 pm	Zumba (45)	Supreme Body Challenge	Zumba (45)	Supreme Body Challenge	
6:00 pm					Pilates
6:15 pm	Core Yoga				
6:30 pm		Ballet Fitness			

Descriptions

<p>Body Sculpt: (30 min. all levels) Get all the benefits of Personal Training in a group setting with a complete body workout utilizing weights, stability balls, and kettlebells.</p> <p>Cardio Sculpt: (30 min. Int.) Increase cardiovascular endurance and strength in this class combining strengthening exercises with weights combined with high impact cardio.</p> <p>Core N More: (45 min. All Levels) Gain strength and flexibility while sculpting using a variety of equipment.</p> <p>Core Yoga: (30 min. all levels) Enhance flexibility, strength, and balance with traditional yoga poses while strengthening the core and lower back. Gentle Yoga (Beg.) and Power Yoga (45) (Int.-Adv.) also available.</p> <p>Crunch @ Lunch: (15 min. all levels) Complete abdominal workout on your lunch break.</p> <p>Ballet Fitness: (60 min. all levels) Combines elements of ballet training and Pilates based athletic conditioning while improving flexibility, movement, and balance.</p> <p>H.E.A.T.: "High Energy Athletic Training" (45 min. Int.) Get it all with interval training, toning, athletic drills, and intense cardio to increase endurance and burn maximum calories.</p> <p>Pilates: (60 min. all levels) Get longer, leaner muscles, improve posture, increase core strength, flexibility, balance, and coordination with low impact movements easy on the joints.</p>	<p>Senior Fit: (30 min. beginner) Enjoy toning exercises with light weights, hydraulic equipment, and therabands to increase strength and joint mobility. Safe for active older adults with arthritis and joint problems. (Held on workout floor)</p> <p>Spintastic: (45 min./ 30 min. all levels) Burn up to 550 calories with basic cycling techniques in this fast paced non impact workout.</p> <p>Tai Chi*: (30 min./ 45 min. all levels) A gentle form of movement utilizing every part of the body coordinated in a natural and slow rhythm of motion.</p> <p>Supreme Body Challenge: (60 min. All Levels) An indoor, intense workout designed to get you in the best shape of your life with heart pumping cardio, full body conditioning, and toning exercises.</p> <p>Zumba: (30/45 min. all levels) Ditch the Workout and Join the Party! Burn up to 500 calories while dancing to world rhythms including salsa, meringue, swing, hip-hop, and much more! Beginners Welcome!!</p> <p>Please Note the following:</p> <p>-If 3 participants are not present within 10 minutes for 45-60 min. classes or 5 min. for 30 min. classes, class will not meet.</p> <p>*Denotes classes held in classroom.</p>
---	--