

Class Descriptions:

Toning

A variety of equipment is used in this 45 minute long class to help you tone just about every muscle in your body.

Body Sculpt

A high level class set to upbeat music that uses weighted bars and free weights to quickly tone arms, legs, and core body muscles.

Cardio Kickboxing

This class is a 45 minute athletic training cardio kickboxing class with punching, blocking, and kicking with the last 15 minutes filled with compound muscle group training.

Cardio Zone

A variety of fun cardio moves to increase your heart rate.

Step Plus

Forty minutes of pure step plus twenty minutes of toning and abs for all fitness levels.

Zumba

Zumba combines high-energy and motivating music with latin dance and aerobic moves to create a fast-paced, effective, fun workout. Each class is a fusion of Latin and international music and rhythms, combined with routines that tone and sculpt the entire body. You don't have to be a dancer to zumba. As long as you keep moving you can't make a mistake! We welcome all fitness levels.

Tai Chi

A gentle form of movement utilizing every part of the body coordinated in a natural and slow rhythm of motion.

Class Descriptions:

Pilates

Stott Pilates encourages the mind- body connection, results in longer & leaner muscles, improves postural problems, increases core strength and stability, helps prevent injury, balances strength & flexibility, heightens body awareness, is easy on the joints, improves balance & coordination, and increases circulation.

Interval Training is the quickest way to serious results. These workouts develop muscular strength, burn fat, and increase cardiovascular fitness.

Theraballs are one of the best toning devices around. The surface is flexible which allows you to stretch, then contract several muscles while focusing on only one. They are a great way to help you build strong, healthy muscles and also improve balance and coordination.

SAMPLE TARGET HEART RATE ZONES

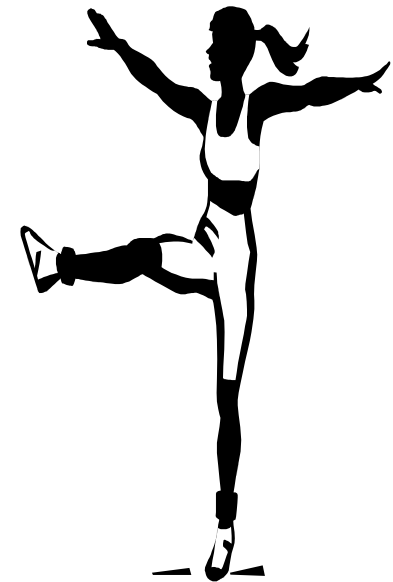
Age	60 %	70%	80%
15	123 / 21	144 / 24	164 / 27
20	120 / 20	140 / 23	160 / 27
30	114 / 19	133 / 22	152 / 25
40	108 / 18	126 / 21	144 / 24
50	102 / 17	120 / 20	136 / 23
60	96 / 16	112 / 19	127 / 21
70	90 / 15	105 / 18	120 / 20

Percentages include heart rate for 1 minute followed by number of beats to count for 10 seconds.

Baptist

HEALTHPLEX

Aerobic Schedule



www.mbhs.org
601-968-1766

BAPTIST HEALTHPLEX - JACKSON AEROBIC SCHEDULE

Class	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 am		Group Cycling		Group Cycling	
6:00 am	Toning		Toning		
6:30 am	ABS Only		ABS Only		
8:30 am	F.A.B.		F.A.B.		F.A.B.
11:45 am	Body Sculpt		Body Sculpt		Tai Chi
12:00 pm		Cardio Zone		Cardio Zone	
12:15 pm	Crunch @Lunch		Crunch @ Lunch		Crunch @ Lunch
4:15 pm	Cardio Kickboxing				
5:00 pm		Super Circuit	Tai Chi		
5:15 pm					Group Cycling
5:30 pm	Group Cycling	Zumba	Step Plus	Power Hour	
6:00 pm					Pilates
6:15 pm	ABS Only			ABS Only	
6:30 pm		New York City Ballet Workout			

Class Descriptions:

AB's Only

Fifteen minute class focuses on abdominal training. All levels are encouraged to attend.

Group Cycling

Fun, inspiring, and an excellent way to improve health and fitness. Great no impact training.

Crunch @ Lunch

Fifteen minutes of abdominal work for the lunch bunch.

F. A. B.

Flexibility, Abs, & Back
Forty-five minutes of abdominal, back strengthening and flexibility exercises

New York City Ballet Workout

Combines elements of ballet training and pilates-based athletic conditioning for all fitness levels. Emphasizes muscle conditioning and definition, flexibility, movement, and balance.

Power Hour

A one-hour high intensity class combining a cardiovascular workout with strength training through a variety of means including floor work, body weight and free weights.

Super Circuit

A high intensity class combining free weight, body weight and aerobic exercises to work your entire body. Guaranteed to make you sweat!

Note:

If **ONE** participant is not present 10 minutes past class time, class will not be held.