

## Baptist Healthplex-Jackson Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 am					
6:15 am					
6:00 am					
8:30 am		*Core Balance		*Core Balance	
10:15 am		*Fit Seniors		*Fit Seniors	
11:00 am		Chair Yoga		Chair Yoga	
11:30 am	HARD BODY	L.I.T.	HARD BODY	L.I.T.	
12:00 pm		Crunch @ Lunch		Crunch @ Lunch	Crunch @ Lunch
4:45 pm	Body Shock	 SPINNING	Body Shock	 SPINNING	
5:30 pm		Cardio Kick		Cardio Kick	
5:45 pm	Dance Aerobics		Dance Aerobics		
6:00pm					Pilates
6:30pm	Hatha Yoga	Ballet Fitness		Hatha Yoga	

### DESCRIPTIONS

**Ballet Fitness:** (60 min. All levels) Combines elements of ballet training and Pilates based athletic conditioning while improving flexibility, movement, and balance.

**Cardio Kick** (35 min. all levels) - A high energy, full body workout to improve coordination, flexibility, balance, and endurance all set to super motivating music with a fun factor.

**Chair Yoga:** This class offers slow stretching and strengthening routines, Sitting in a chair and using it for added stability. Perfect for anyone who has Difficulty getting up or down from the floor, and for those with limitations or injuries who need gentle, low-impact movement.

**\*Core Balance:** (30 min. All Levels) Gain core strength and complete body flexibility and balance with a variety of stretches and toning exercises.

**Crunch @ Lunch:** (15 min. All levels) Complete abdominal workout utilizing a variety of equipment and techniques.

**Dance Aerobics:** An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that is moving millions of people to joy and health. Jam-packed with red-hot dance steps, pulsating Latin and international rhythms and feel-it-to-the-core routines, this invigorating dance-fitness party will have you movin', rockin' and shakin' weight off.

**\*Fit Seniors:** (30 min. Beginner) Enjoy toning exercises with light weights, and therabands to increase strength and joint mobility. Safe for active older adults with arthritis and joint problems. (Held on workout floor)

**HARD BODY:**(45 min. All levels) Build strength, add definition, and decrease body fat by increasing lean muscle. Use a variety of equipment to change the shape of your body. No muscle gets neglected!

**Hatha Yoga:** (60 minutes; all levels). Yoga can reduce stress and mild anxiety, while building and maintaining muscle strength and healthy joint flexibility. This low-impact workout can also reduce back pain, increase lung capacity, help lower blood pressure, balance hormones and build energy levels.

**Body Shock:** (45 min. All levels) High Intensity Training that is designed to increase strength, endurance, and power

**L.I.T.:** (30 min. All levels) Lunchtime Interval Training: This class focuses on functional movement designed to tone the muscles, increase endurance and weight loss.

**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.

 **SPINNING** (45min. All Levels) It is designed for cardio and strength building to get you in great shape.

**Please Note the following:**

***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.***

**\* Denotes classes held on the workout floor.**