

662-232-8788

Mon.-Thurs. 5 a.m.-9 p.m.

Fri. 5 a.m.-7 p.m.

Sat. 7 a.m.-3 p.m. & Sun. 2 p.m.-6 p.m.

**BAPTIST HEALTHPLEX
GROUP FITNESS CLASSES
Effective September 7, 2009**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:15 a.m. STRONG & TONE / SPIN	5:30 – 6:15 a.m. SPIN	5:30-6:15 a.m. STRONG & TONE	5:30 – 6:15 a.m. SPIN	5:30-6:15 a.m. STRONG & TONE	
6:15-6:30 a.m. CORE Training/Flexibility	7:45 – 8:30 a.m. SPIN	6:15-6:30 a.m. CORE Training/Flexibility	7:45 – 8:30 a.m. SPIN	6:15-6:30 a.m. CORE Training/Flexibility	
8 a.m. PILATES / STEP	8 a.m. PILATES	8 a.m. PILATES / STEP	8 a.m. PILATES	8 a.m. PILATES / ZUMBA	
9 a.m. FIND YOUR STRENGTH	8:30 a.m. Abs & Arms 9:00 a.m. ZUMBA	9 a.m. FIND YOUR STRENGTH	8:30 a.m. Abs & Arms 9:00 a.m. ZUMBA	9 a.m. FIND YOUR STRENGTH	9 a.m. PILATES / SPIN
10 a.m. YOGA	10 a.m. YOGA	10 a.m. YOGA	10 a.m. YOGA		10 a.m. ZUMBA
10:30 a.m. JOINTS IN MOTION		10:30 a.m. JOINTS IN MOTION		10:30 a.m. JOINTS IN MOTION	
12:00 p.m. SPIN / Cycle Yoga	12:05-12:45 p.m. TOTAL BODY CHALLENGE	12:00 p.m. SPIN / Cycle Yoga	12:05-12:45 p.m. TOTAL BODY CHALLENGE	12:00 p.m. SPIN / Cycle Yoga	
	4 p.m. PILATES	5 p.m. YOGA	4 p.m. PILATES		
5:30 p.m. SPIN	5:30 p.m. YOGA	5:30 p.m. SPIN			
6 p.m. ZUMBA	5:30 p.m. BODY SCULPT	6 p.m. ZUMBA	5:30 p.m. KICKBOXING		