



# NORTH MISSISSIPPI WELLNESS CENTER

## Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:50 a.m.-7:50 a.m.					
8 a.m.	Spin	Spin	Spin	Spin	Spin
8:30 a.m.					
9 a.m.		Pilates 9-10 a.m.		Pilates 9-10 a.m.	
9:30 a.m.	PACE		PACE		PACE
10 a.m.					
10:30 a.m.		Stability Ball		Stability Ball	
11 a.m.	Pilates 10:45 a.m.- 11:45am	Chair Yoga	Pilates 11 a.m.- noon	Chair Yoga	Pilates 11 a.m.- noon
11:30 a.m.		Pilates 11:45am- 12:15pm		Pilates 11:45am- 12:15pm	
12:15-12:45 p.m.	Group Fitness	Group Fitness	Group Fitness Yoga	Group Fitness	Group Fitness
4-4:30 p.m. ----- 4:30-5:30 p.m.		TKD 4:00pm- 6:00pm	Pilates 5:15pm- 6:00pm		



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Chair Yoga- Stretching class designed for those with any physical limitations

Group Fitness- Full body exercise

PACE- (Included in Full Membership or paid quarterly) Class designed to promote increased mobility, flexibility, muscles strength, endurance, coordination and cardiovascular conditioning. Great for individuals post-rehab. Open to all levels of exercise.

Pilates\*- (Not included in Membership; Five-person limit per class) Focused on improving flexibility, strength and body awareness. Class will concentrate on core muscles, breathing technique and quality of movements.

Spin- Indoor cycling class

Stability Ball- Full-body focused class that increases overall strength and balance while incorporating cardiovascular conditioning. Open to all levels of exercise.

Tae Kwon Do\*\*- (Not included in Membership) Korean form of fighting that embraces kicking, punching, jumping, blocking, dodging, and parrying TKD is excellent for exercise and is great at teaching self-defense and self-control

Tae Kwon Do Women- (Not included in Membership) TKD class for women

\*Please sign up for a Pilates time. First-time Pilates participants should schedule an appointment with Mary Ann Shows or Emily Edwards for demonstration purposes. \$20/member and \$25/non-member. (Members 10-pack for \$150) (Non-Member 10-pack \$175)

\*\*TKD- \$40/month bank drafted; \$5 sibling discount/child