



**NORTH MISSISSIPPI  
MEDICAL CENTER**

*West Point Wellness Center*

**Fitness Class Schedule**

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
6:50 a.m.- 7:50 a.m.	Pilates 6:50am- 7:50am		Pilates 6:50am- 7:50am		Pilates 6:50am- 7:50am
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.	Pilates 10:45 a.m.- 11:45am	Stability Ball		Stability Ball	
11 a.m.		Chair Yoga	Pilates 11 a.m.-noon	Chair Yoga	Pilates 11 a.m.-noon
11:30 a.m.		Pilates 11:45am- 12:30pm		Pilates 11:45am- 12:30pm	
12:15- 12:45 p.m.	Group Fitness	Group Fitness	Group Fitness	Group Fitness	Group Fitness
4-4:30 p.m.  4:30-5:30 p.m.		TKD Women 4:30pm- 5:30pm		Tae Kwon Do 4:00pm- 5:00pm 5:00pm- 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 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