



NORTH MISSISSIPPI
MEDICAL CENTER
Pontotoc Wellness Center



Aerobic Classes

MONDAY

5:15 - 6:30 AM	\$	ToughFit	Joseph	Room 2
8:00 - 9:00 AM		Total Body Sculpt	Brandy A.	2
9:00 - 10:00 AM		YOGA	Susan	1
10:15 - 11:15 AM		Low Impact Conditioning	Mary	2
Noon -1:00 PM		Lunch Time Circuit	Mary	Floor
4:00 - 4:50 PM		Flip Fit (begins Sept 9)	Marissa	2
5:00 - 5:50 PM		Flip Fit (begins Sept 9)	Marissa	2
5:15 - 6:15 PM		Weights & More	Kayla	1

TUESDAY

8:00 - 9:00 AM		Power Hour	Lexi	1
9:00 - 10:00 AM		Wall Pilates	Mary	2
11:00 - 12:00 PM		Barre	Mary	2
12:15 - 12:45 PM		Metcon Express	Marissa	2
5:15 - 6:30 PM	\$	ToughFit	Joseph	2
5:15-6:15 PM		Cycle Fit	Brandy A.	1
6:30 - 7:30 PM		Dance Fit	Brandy A.	2

WEDNESDAY

5:15 - 6:30 AM	\$	ToughFit	Joseph	2
8:00 - 9:00 AM		Cycle Fit	Brandy A.	2
9:00 - 10:00 AM		Pilates	Mary	1
10:15 - 11:15 AM		Low Impact Conditioning	Mary	2
4:00 - 5:00 PM		YOGA	Susan	1

THURSDAY

8:00-9:00 AM		Total Body Sculpt	Brandy A.	2
10:00 - 11:00 AM		Mid-Morning Circuit	Mary	Floor
5:15 - 6:30 PM	\$	ToughFit	Joseph	2
5:15- 6:00 PM		Flex & Flow	Lexi	1
6:30 - 7:30 PM		Slow Flow Yoga	Forrest	1
6:30 - 7:30 PM		Dance Fit	Brandy A.	2

FRIDAY

5:15 - 6:30 AM	\$	ToughFit	Joseph	2
8:00-9:00 AM		Dance Fit	Brandy A.	2
9:00 - 10:00 AM		Gentle Yoga	Forrest	1
10:00 - 10:45 AM		Tai Chi Chih	Judith	2
11:00 -12:00 PM		Barre	Mary	2

UPDATED 7/11/24