



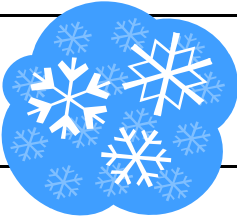



573-243-2211

**JACKSON  
LOCATION**

WWW.HEALTHPOINTPLAZA.COM

**JANUARY 2010  
GROUP FITNESS**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>GROUP X</b>	5:15 AM 			5:15 AM 		8:00 AM 
	8:00 AM 	8:00 AM 	8:00 AM 	8:00 AM 	8:00AM KICKBOXING CHRIS	9:00 AM BODY SCULPTING PAM
	9:00AM EASY DOES IT CHRIS	9:15-9:45AM STRENGTH/STRETCH JANE	9:00AM STEP CHRIS	9:15-9:45AM STRENGTH/STRETCH JANE	9:00 AM 	
	12:15PM-12:45PM PLYO/BOOT CAMP 		10:00AM FULL BODY TONE CHRIS			
	4:00 PM 		4:00 PM 			
	5:15 PM 50/50 CHALLENGE SHANNON	5:00 PM 	5:15 PM PILATES JANE	5:00 PM 		
	6:30 PM 15 MIN ABS SHANNON	6:00 PM <b>ZUMBA</b>	6:15 PM YOGA NICK (REHAB AREA)	6:00 PM <b>ZUMBA</b>		
	7:00 PM 					
				7:00 PM 		
<b>CYCLE</b>	9:10AM-9:40AM CYCLE CHALLENGE NICOLE	5:30 AM VICKI			5:30 AM VICKI	8:00 AM PAM
	5:20PM-5:50PM CYCLE Rachel	12:15PM-12:45PM CYCLE CHALLENGE NICOLE	5:00PM- 5:30PM CYCLE Nicole	9:10AM-9:40AM CYCLE CHALLENGE NICOLE	5:15PM- 5:45PM CYCLE Rachel	(MORE CLASSES ON BACK )
	7:00 PM PAM		7:00 PM PAM			

MULTI-PURPOSE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00 AM YOLATES JANE	8:00 AM YOGA PLUS JANE		8:00 AM YOGA PLUS JANE		8:30 AM YOLATES FOR MEN JANE
						
	5 PM Yolates		5 PM Pilates	7 PM 15 MIN ABS		
	6:00 PM BODY SCULPTING PAM		6:00 PM BODY SCULPTING PAM	6:00-9:30 PM TAE KWON DO (ADDITIONAL COST)		
YOUTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 AM ROMP 'N' STOMP MILLIE				
					10:15 AM ROMP 'N' STOMP MILLIE	
 BODYPUMP is a rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class. Please attend a technique class before attending a BODYPUMP class.		<b>ABS</b> ABS ONLY (15-min.)  <b>CYCLE</b> An exciting, fun group experience suitable for ALL fitness levels. Your coach guides you up hills and across plains accompanied by motivating music and special lighting. If you wear cycle shoes, recessed clips only, please and no pedal change allowed.  <b>EASY DOES IT YOGA</b> Simple yoga poses designed specifically for members 55 or over or others with special needs.(30 min)		<b>BODY SCULPTING</b> <i>come and sculpt your body using exercise bands, hand weights and body weight activities</i>  <b>STRENGTH &amp; STRETCH</b> Suitable for all fitness levels, particularly those who are uncomfortable exercising on the floor or are unable to participate in a regular exercise class. Improves strength, flexibility and range of motion. (30 min)		 <b>Dance your worries away with ZUMBA -- a "feel happy" Latin-inspired, dance-based workout great for the body, mind and spirit. (60 min)</b>  
<b>STEP AEROBICS</b> this classic class is still good and will shape your legs strengthen your heart		<b>INTERVAL STEP CIRCUIT</b> Intervals of step training combined with resistance training for an all-over great workout. (60 min)		<b>YOGA</b> Classes are taught by instructors trained in YogaFit, a non-purist form of yoga specifically designed for the fitness industry. Combines the ancient Hatha Yoga practice with modern fitness movements and safety guidelines.		
<b>KICK BOXING</b> kick and punch your way to a stronger healthier body  <i>Tae Kwon Do/Hapikido the Lee Park School of Martial Arts Doug Johnson instructor, monthly fee call 651-3678 for info</i>		<b>EASY DOES IT</b> Designed to improve cardio function while minimizing impact to joints. (60 min)		<b>HealthPoint Plaza - JACKSON, MO</b> <b>Visit our website to download a printable schedule: <a href="http://www.healthpointplaza.com">www.healthpointplaza.com</a></b>		
		<b>CARDIO COMBO</b> <i>this class uses a variety of moves to have fun and get a great workout</i>				<b>FRIGHTFUL WEATHER?</b> <b>PLEASE CALL IN ADVANCE TO FIND OUT IF CLASSES ARE BEING OFFERED.</b>