








JACKSON
LOCATION
SEHealth.org/Healthpoint

October 2018
GROUP FITNESS

| GROUP X | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------|--|---|---|--|--|---|
| | 5:15 AM - Joyce  BODYPUMP | 5:15-5:45AM \$HP-HIT PROGRAM | VIRTUAL 5:15a CXWORK 5:50a BODY FLOW | 5:15AM - Joyce  BODYPUMP | 5:15-5:45AM \$HP-HIT PROGRAM | 7:15A CX-WORKS |
| | 6:20 SH'BAM 7:15 CX WORX | 6:15 BODCOMBAT 7:20 CX WORX | | 6:20a SH'BAM 7a BODYFLOW | 6:20a CX-WORKS 7a BODYFLOW | 8AM BODYPUMP |
| | 8 AM - Chris  BODYPUMP | 8-8:45AM \$HP-HIT BODY PUMP | 8am Chris  BODYPUMP | 8-8:45AM \$HP-HIT PROGRAM | 8AM Kickboxing | Virtual 9:10a BODY FLOW 10:20a CX WORKS NOON: BODY PUMP 1:05 BODY FLOW 2:10P: BODY COMBAT 3P BODYPUMP |
| | 9:05A BODYFLOW 10:00 BODY COMBAT | 9:15-9:45AM Strength/Stretch Rachel | 9:15-9:45 AM YOGA-stretch GRACE | 9:15-9:45AM Strength/Stretch Rachel | 9AM BODYPUMP | |
| | 11A S'BAM 12:15 Cx Works 1:15 Body Pump | 10:00a BODYFLOW 12:15 Sha bam 1:15 Body Combat 2pm Shabam | 11a BODYPUMP 12:15 BODYCOMBAT | 10a Body Flow 12:15 Yoga 1:15 Body Combat 2pm Body Pump | 10:05a SH'BAM 11:05 BODYFLOW 12:15 BODY PUMP 3:05p BODYCOMBAT 4:15p BODYPUMP 5:20 SHABAM 6:15 BODYFLOW | <u>VIRTUAL CLASSES</u> <u>SUNDAY:</u> 12:15 BODYCOMBAT 1:20: CXWORX 2P SHABAM 2:50 BODYPUMP 4P BODYFLOW |
| | 5:15-6:00pm \$HP-HIT PROGRAM | 5:10:PM - Jennifer  BODYPUMP | 5:15 pm \$HP-HIT PROGRAM | | | |
| | 6:00 PM BODY SCULPTING | | 6:00 PM BODY SCULPTING | 5:10PM - Jennifer  BODYPUMP | | |
| | 7p BODYPUMP 8:05p BODYFLOW | | 7:10p BODYPUMP 8:30p BODYCOMBAT | 6:15PM - SH'BAM | | |
| | | | | 7:15p BODY FLOW 8p CX WORK | | |
| CYCLE | 5:15 PM Shannon | 5:30 AM Vicki | 5:00PM Nicole | | | |



LES MILLS™ VIRTUALCLASSES - OFFERED EXCLUSIVELY AT HEALTHPOINT IN CAPE AND JACKSON
Workouts available every day, all day!
DETAILED SCHEDULE AVAILABLE AT www.sehealth.org/healthpoint
click on VIRTUAL link

| MULTI-PURPOSE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|--------|------------------------|-------------------------------------|---------------------|---|----------|
| | | 8:00 AM YOGA PLUS | 8:00 AM - Grace RESTORATIVE-YOGA | 8:00AM YOGA PLUS | | |
| | | | | 12:15 PM YOGA | | |
| | | 6:15-7pm Grace Yoga | | |  | |
| | | | | | | |

| YOUTH | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------|--------|---------------------------|-----------|----------|------------------------|----------|
| | | 9:00 AM ROMP 'N' STOMP | | | 9 AM ROMP 'N' STOMP | |
| | | | | | | |


BODYPUMP™
A rapid fat-burning class that uses barbells for 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.

Body Sculpting
Exercise bands, hand weights and body weight exercises are incorporated into this full-body workout.


ZUMBA
Dance your worries away with this "feel happy", Latin-inspired dance workout for all fitness levels.

Strength/Stretch
This gentle 30-minute class focuses on increasing strength, flexibility and range of motion. Suitable for all fitness levels.


**LES MILLS™ VIRTUAL
Workouts available all day,
every day!**





Feel totally unleashed with this martial-arts-inspired workout. Includes a variety of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Strike, punch and kick your way to superior cardio fitness!



Simple, seriously hot dance moves, perfect for anyone looking to shape up and let out their inner star - even if dance isn't their natural thing. Set to chart-topping hits, familiar classics and Latin beats.



CXWORX Based on cutting-edge scientific research, the ultimate way to get a strong and toned core. Focuses on training muscles in the same way they are used.





Yoga/Stretch
Simple yoga poses designed for all fitness levels.

Yoga
Led by instructors trained in YogaFit, a non-purist form of Yoga designed for the fitness industry. Combines ancient Hatha Yoga with modern fitness movements and safety guidelines.

Yoga Plus
Upbeat yoga with core emphasis and relaxation.

Restorative Yoga
Props and long hold times are used to open the body in a more passive way.



YELLOW LIGHT:
Look for this symbol outside the group fitness studios OR color on the schedule to see if any classes are at risk of being dropped or are being changed to a different timeslot.

Visit our website to download a printable schedule:
Sehealth.org/HealthPoint
 Virtual class schedule also available online