


SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 HAPPY NEW YEAR!	2		3		4		5		6		7	
	T 5:30a Track Intervals	Jodie	A 5:30a Barre	Jodie	A 5:30a Power Hour	Katie	C 8:15a Wheel Results	Mel	T 5:15a TRX Plus	Kay	T 9:00a SOS	Jan
	B 9:00a Yoga Stretch	Jodie	B 9:00a All Levels Yoga	Rebecca	B 9:00a Yoga Stretch	Lisa	B 9:00a Dynamic Flow	Rebecca	T 6:30a TRX 101	Kay	C 9:00a Cycle	Jodie
	A 9:30a Silver Sneakers Classic	Sam	A 9:30a Step Circuit	Mel	A 9:30a Tai Chi	Peggy	A 9:30a Zumba Gold	Dana	C 8:15a Cycle	Dana	B 10:00a Easy Flow Vinyasa	Mary
	F 4:30p Fit Troops	John	A 11a Stretch & Strengthen	Mel	A 11a Silver Sneakers Yoga	Peggy	A 11a Stretch & Strengthen	Mel	A 8:30a LaBlast	Elizabeth		
	A 5:30p Cycle, Arms, Abs	Stephanie	A 12p HIIT Me Up @ Lunch	Dana	C 11:30a Cycle	Elizabeth	A 4:30p Turbo Kickboxing	Zel	B 9:00a All Levels Yoga	Lisa		
	A 6:30p Hip Hop Step 101	Coach Q	A 4:30p Bootcamp	Timothy	A 12p Bootcamp	Anthony	A 5:30p Power Sculpt	Stephanie	A 9:30a Barre-lates	Elizabeth		
			A 5:30p Cardio Blast	Angel	F 4:30p Power Hour	Katie			A 5:00p Jungle Body	Angel		
					B 5:30p All Levels Yoga	Rebecca						

Silver Sneakers Classic
focus on strengthening muscles and increasing range of movement for daily life activities

ZUMBA
with Dana at 9:30a

Sculpt on Saturday with Jan

8	9		10		11		12		13		14		
C 3:00p Cycle	Zel	T 5:30a Track Intervals	Jodie	A 5:30a Barre	Jodie	A 5:30a Power Hour	Katie	C 8:15a Wheel Results	Mel	T 5:15a TRX Plus	Kay	B 8:00a All Levels Yoga	Rebecca
		B 9:00a Yoga Stretch	Lisa	B 9:00a All Levels Yoga	Rebecca	B 9:00a Yoga Stretch	Lisa	B 9:00a Dynamic Flow	Rebecca	T 6:30a TRX 101	Kay	C 9:00a Cycle	Dana
		A 9:30a Silver Sneakers Classic	Sam	A 9:30a Step Circuit	Mel	A 9:30a Tai Chi	Peggy	A 9:30a Zumba Gold	Dana	C 8:15a Cycle	Dana		
		F 4:30p Fit Troops	John	A 11a Stretch & Strengthen	Mel	A 11a Silver Sneakers Yoga	Peggy	A 11a Stretch & Strengthen	Mel	A 8:30a LaBlast	Elizabeth		
		A 5:30p Tabata	Katie	A 12p HIIT Me Up @ Lunch	Dana	C 11:30a Cycle	Elizabeth	A 4:30p Turbo Kickboxing	Zel	B 9:00a All Levels Yoga	Lisa		
		A 6:30p Hip Hop Step 101	Coach Q	A 4:30p Bootcamp	Timothy	A 12p Bootcamp	Anthony	A 5:30p Power Sculpt	Stephanie	A 9:30a Barre-lates	Elizabeth		
				A 5:30p Cardio Blast	Angel	F 4:30p Power Hour	Katie			A 5:00p Jungle Body	Angel		
						B 5:30p All Levels Yoga	Rebecca						
						A 6:00p Zumba	Angel						

Barre with Jodie

LaBlast with Elizabeth
Partner free ballroom dancing – fitness style! It's a workout in disguise.

15	16		17		18 No 5:30p Yoga		19 No 4:30p Class		20		21		
C 3:00p Cycle	PL	T 5:30a Track Intervals	Jodie	A 5:30a Barre	Jodie	A 5:30a Power Hour	Katie	C 8:15a Wheel Results	Mel	T 5:15a TRX Plus	Kay	T 9:00a SOS	Jan
		B 9:00a Yoga Stretch	Lisa	B 9:00a All Levels Yoga	Rebecca	B 9:00a Yoga Stretch	Lisa	B 9:00a Dynamic Flow	Rebecca	T 6:30a TRX 101	Kay	C 9:00a Cycle	Mel
		A 9:30a Silver Sneakers Classic	Sam	A 9:30a Step Circuit	Mel	A 9:30a Tai Chi	Peggy	A 9:30a Zumba Gold	Dana	C 8:15a Cycle	Dana	B 10:00a Easy Flow Vinyasa	Mary
		F 4:30p Fit Troops	John	A 11a Stretch & Strengthen	Mel	A 11a Silver Sneakers Yoga	Peggy	A 11a Stretch & Strengthen	Mel	A 8:30a LaBlast	Elizabeth		
		A 5:30p Cycle, Arms, Abs	Stephanie	A 12p HIIT Me Up @ Lunch	Dana	C 11:30a Cycle	Elizabeth	A 5:30p Power Sculpt	Stephanie	B 9:00a All Levels Yoga	Peggy		
		A 6:30p Hip Hop Step 101	Coach Q	A 4:30p Bootcamp	Timothy	A 12p Bootcamp	Anthony			A 9:30a Barre-lates	Elizabeth		
				A 5:30p Cardio Blast	Angel	F 4:30p Power Hour	Katie			A 1:00p Pelvic Floor Pilates	Jodie		
						A 6:00p Zumba	Angel			A 5:00p Jungle Body	Angel		

Smoking Cessation Open Group
5:30p

Diabetes Education Class
12:15p


Pelvic Floor Pilates with Jodie
1p following Dr. Whaley

22	23		24		25		26		27		28		
C 3:00p Cycle	Zel	T 5:30a Track Intervals	Jodie	A 5:30a Barre	Jodie	A 5:30a Power Hour	Katie	C 8:15a Wheel Results	Mel	T 5:15a TRX Plus	Kay	B 8:00a All Levels Yoga	Rebecca
		B 9:00a Yoga Stretch	Lisa	B 9:00a All Levels Yoga	Rebecca	B 9:00a Yoga Stretch	Lisa	B 9:00a Dynamic Flow	Rebecca	T 6:30a TRX 101	Kay	C 9:00a Cycle	Elizabeth
		A 9:30a Silver Sneakers Classic	Sam	A 9:30a Step Circuit	Mel	A 9:30a Tai Chi	Peggy	A 9:30a Zumba Gold	Dana	C 8:15a Cycle	Dana		
		F 4:30p Fit Troops	John	A 11a Stretch & Strengthen	Mel	A 11a Silver Sneakers Yoga	Peggy	A 11a Stretch & Strengthen	Mel	A 8:30a LaBlast	Elizabeth		
		A 5:30p Tabata	Katie	A 12p HIIT Me Up @ Lunch	Timothy	C 11:30a Cycle	Elizabeth	A 4:30p Turbo Kickboxing	Zel	B 9:00a All Levels Yoga	Lisa		
		A 6:30p Hip Hop Step 101	Coach Q	A 4:30p Bootcamp	Timothy	A 12p Bootcamp	Anthony	A 5:30p Power Sculpt	Stephanie	A 9:30a Barre-lates	Elizabeth		
				A 5:30p Cardio Blast	Angel	F 4:30p Power Hour	Katie			A 5:00p Jungle Body	Angel		
						B 5:30p All Levels Yoga	Rebecca						
						A 6:00p Zumba	Angel						

HIIT ME UP @ LUNCH
Make the most of your lunch break with intervals of cardio and body weight/dumbbell exercises

Nutrition for Healthy Living Class
5:30p Studio B FREE

New to Yoga? Been practicing for years?
Come attend All Levels Yoga with Rebecca at 8A

29	30		31		LOCATION:		JANUARY 2023					
C 3:00p Cycle	Stephanie	T 5:30a Track Intervals	Jodie	A 5:30a Barre	Jodie	A- Studio A						
		B 9:00a Yoga Stretch	Lisa	B 9:00a All Levels Yoga	Rebecca	B- Studio B						
		A 9:30a Silver Sneakers Classic	Sam	A 9:30a Step Circuit	Mel	C- Studio C						
		F 4:30p Fit Troops	John	A 11a Stretch & Strengthen	Mel	F- Functional Area						
		A 5:30p Cycle, Arms, Abs	Stephanie	A 12p HIIT Me Up @ Lunch	Dana	T- Track						
		A 6:30p Hip Hop Step 101	Coach Q	A 4:30p Bootcamp	Timothy							
				A 5:30p Cardio Blast	Angel							


Join our Facebook Group "Jackson Wellness Group Exercise" for updates & all things Group Ex!

Silver Sneakers Classic

Focus on strengthening muscles and increasing range of movement for daily life activities

Silver Sneakers Yoga

Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels.

Indoor Cycle

Instructors Choice... Come for a great workout and ready to SWEAT!

Wheel Results

Jump on a bike and take a real ride inside! CLIMB up a hill, SPRINT down a hill... all to heart pumping music that'll IGNITE your body with intervals designed to TORCH calories in a RACE to REACH your fitness goals

Turbo Kickboxing

This is an interval-based workout for all levels that is fun, exciting and powerful!

Power Sculpt

A great way to define, sculpt and build lean muscle. Focuses on intense isolation exercises with free weights and resistance, ending with abs. All-Levels.

Track Intervals

For those who want to get their miles in! You will combine walking or running with strength intervals and a big stretch at the end. Depending on your speed you will get at least 2 miles (26 laps) but you're welcome to go for more!

Active Aging

Have fun and move to the music while improving strength and range of motion for everyday life. (Chair available.)

Yoga Stretch

A deeply restorative practice focusing on longer holds and total-body stretches. This class provides a calm and relaxing space to let go of tension, focus on your breath, and let all your stresses fall away. All-levels and beginner-friendly.

Slow Flow

Combination of healthy alignment and the freedom to play within familiar and new poses. From beginners to seasoned practitioners, this class hopes to broaden the range of capabilities of each person through the instruction of alignment and breath.

Fit Troops

Reap the benefits of this ultimate calorie burning workout through challenging cardiovascular and resistance training

Barre

Hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training.

Low Impact

Intervals of light cardio and light sculpting are combined making this class perfect for the person who wants a lighter workout, the mature exerciser, new timers, or someone recovering from injuries.

All Levels Yoga

A slow-paced flow with a focus on the foundations of postures. The class has a combination of mobility, strength, and alignment drills

Step Circuit

Includes cardio bouts punctuated by strength moves. Maximize your results in a Step Circuit class! Burn fat fast with high intensity intervals. Start the burn with body-blasting sculpting and calorie-crushing cardio bursts.

Stretch Out and Strengthen Up

A class designed to strengthen and stretch your muscles from head to toe. A full body workout using active and static stretching as well as functional moves that increase stability, strength and range of motion.

Cardio Blast

Dance-based cardio class designed to get you grooving to fresh, funky & popular hits! The aerobic style of this class will be sure to keep your heart rate up. Get fit and sculpted with this fun and exciting class!

Power Hour

A combination of Tabata's, functional strength training, and stations.

Tai Chi

It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. A noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Yoga Sculpt

This class is a total body workout designed to sculpt every major muscle group by combining yoga postures with weights and cardio. Sculpt Yoga is a great compliment to your regular yoga practice.

Xtreme Step

This is a revamp of traditional step aerobics and includes routines set to old and new school hip hop that makes you want to get up and move while getting a great caloric burn!

Hip Hop Step 101

Need to slow those Xtreme steps down a little? Join Coach Q on Monday nights for a breakdown of Wednesday's Xtreme Step Class.

Pilates

A strengthening and lengthening form of exercise that works to tone all muscle groups with a specific emphasis on the core. The low impact movements in a Pilates class work to build strength, tone muscles, and create long, lean body lines.

Dynamic Flow

Open to all levels designed to keep you moving and breathing throughout the duration of the class. A powerful vinyasa flow yoga class, building both strength and flexibility throughout! Classes finish with a focus on the breath and relaxation to gather the benefits of physical work.

TRX 101

Make "you" the toughest machine yet! A total body workout with strong core emphasis, using the TRX suspension system. All levels Welcome!

TRX Plus

Each session incorporates TRX suspension strength training combined with dynamic bodyweight exercises to strengthen, tone and shred. Intermediate to advanced level.

SOS

Lighter workout that incorporates cardio, upper/lower body strength, balance and stretching.

Power Sculpt

A great way to define, sculpt and build lean muscle. Focuses on intense isolation exercises with free weights and resistance, ending with abs. All-Levels.

Jungle Body

An easy-to-follow, mood elevating fusion of boxing, dance, and sculpting. Designed to be super inclusive for all shapes, ages, sizes and even those with two left feet!

Cardio Combo

Combinations of cardio intervals interspersed with strength work.

LaBlast@

'If you can clap it, you can dance it' you choose your own intensity by adding optional plyometric movements, light weights, heavy weights, or simply keeping your workout low impact. Come join the fun!!

Bootcamp

Interval training that combines bodyweight and strength training with aerobic elements. Participants get the calorie-burning benefits of high-intensity cardio, combined with strength training elements to sculpt muscle, and build strength.