







**JACKSON
LOCATION**
SEHealth.org/Healthpoint

APRIL 2021
GROUP FITNESS

GROUP X

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM - Joyce 	5:15-5:45AM \$HP-HIT PROGRAM	VIRTUAL 5:15a CXWORK 5:50a BODY FLOW	5:15AM - Joyce 	5:15-5:45AM \$HP-HIT PROGRAM	7:15A CX-WORKS
6:20 SH'BAM 7:15 CX WORX	6:15 BODCOMBAT 7:15 CX WORX		6:20a SH'BAM 7a BODYFLOW	6:15a CX-WORKS 7a BODYFLOW	8AM BODYPUMP
8 AM - Chris 	8-8:45AM \$HP-HIT BODY PUMP	8am Chris 	8-8:45AM \$HP-HIT PROGRAM	8AM Kickboxing Chris	Virtual 9:10a BODY FLOW 10:20a CX WORKS NOON: BODY PUMP
9:15-10am Cardio Drum Joyce 10:00 BODY COMBAT	9:15-9:45AM Strength/Stretch Rachel		9:15-9:45AM Strength/Stretch Rachel	9AM BODYPUMP	2:10P: BODY COMBAT 3P BODYPUMP
11:05A S'BAM 12:15 Cx Works 1:15 Body Pump	10:00a BODYFLOW 12:15 Sha bam 1:15 Body Combat 2:15 pm Shabam	11a BODYPUMP 12:15 BODYCOMBAT	10a Body Flow 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 	5:15 pm \$HP-HIT PROGRAM	5:15 pm \$HP-HIT PROGRAM		
6pm Sculpt Jen		6pm Cardio Sculpt Jen	5:10PM - Jennifer 		
7:10 pm BODYPUMP 8:05p BODYFLOW		7:10p BODYPUMP 8:30p BODYCOMBAT	6:15PM - SH'BAM		
	7:10PM -8pm SH'BAM		7:15p BODY FLOW		

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15 PM Shannon	5:30 AM Vicki	4 PM 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 Grace	8:00 AM RESTORATIVE-YOGA Grace	8:00AM YOGA PLUS Grace		
						9 AM YOGA Jen
			9:15-10 AM YOGA-stretch Grace			
		5:45 pm to 6:30 pm Yoga Jen				


YOUTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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.


Sculpt Exercise bands, hand weights and body weight exercises are incorporated into this full-body workout.
HITT High Intensity Workout lead by Trainer **Cost \$** per class or montly fee
Cardio Sculpt- Sculpt plus added intervals

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.

Gentle Yoga
Slow Paced, postures held for relaxation & stretching/mobility

Chair Yoga- Using the chair seated and standing to help increase strength / balance

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