



CLASSES AVAILABLE

WATER AEROBICS:

45 min. of water aerobics,
followed by 15 min. toning workout
(fun for all ages)

Mondays, Wednesdays & Fridays - 8AM

TIGHTEN & TONE/ABS:

30 min. of tightening & toning
followed by a 20 min. AB workout

Mondays - 5:30 & 6PM

BODY SCULPTING:

Bret Meeks - 30 min. total body workout

Tuesdays - 5:30PM

CARDIO SURPRISE/ABS:

30 min. of Cardiovascular conditioning (Aerobic Class, Spin,
Circuit Training) followed by a 30 min. abdominal workout

Thursdays - 5:30 & 6PM

SPIN:

Brad McDonald - 30 min. of bicycle riding that increases the
heart rate for optimal fat burning

Fridays - 5:30AM



WELLNESS CENTER

662.837.7656

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