



Group Exercise Schedule

All classes are FREE to authorized patrons. For more information call 601.679.2379.



PERSONAL TRAINING AND NOFFS/COMMAND PT SESSIONS ARE ALSO AVAILABLE. CONTACT THE FITNESS COORDINATOR OR FITNESS DIRECTOR FOR INFORMATION.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>915 TRX Total Body Kristen</p>	<p>915 Upper Body Strength (NOFFS SES Series) Jenni</p>	<p>915 HIIT (NOFFS SES Series) Kristen</p>	<p>915 Lower Body Strength (NOFFS SES Series) Jenni</p>	<p>915 FIIT Friday (NOFFS Endurance Series) Jenni</p>
<p>1100 Power Hour (NOFFS SES Series) Jenni</p>	<p>1100 Lower Body Strength (NOFFS SES Series) Jenni</p>	<p>1100 KettleFit (NOFFS SES Series) Jenni</p>	<p>1100 TRX Upper Body/Core Kristen</p>	
		<p>1200 YOGA Ryan</p>		
		<p>1630 YOGA Ryan</p>		

**NOFFS & COMMAND
PT SESSIONS
AVAILABLE BY
APPOINTMENT**

HIIT: High Intensity Interval Training
KETTLEFIT: All Things Kettlebell!! - A full-body workout that's Kettlebell focused.
TRX: Suspension training sure to challenge your core, balance, and enhance strength and stability
UPPER/LOWER BODY CLASSES: Using free weights and exercises that will help build muscle in specific areas of the body.
FIIT FRIDAY: Frequency/Intensity/Time/Type: varied modalities to give you a total body workout.