

Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Chair Aerobics 9:00 am Line Dance 10:00 am Boxing Circuit 5:15 pm Yoga 6:30 pm	FIT Pound 9:00 am Strength & Balance 10:00 am Chair Yoga 11:00 am Zumba 7:00 pm	Chair Aerobics 9:00 am Line Dance 10:00 am Boxing Circuit 6:15 pm	FIT Pound 9:00 am Strength & Balance 10:00 am Chair Yoga 11:00 am Yoga 6:00 pm	Stability Ball 9:00 am Chair Aerobics 9:00 am FIT Cardio 10:00 am	Circuit 8:30 am Yoga 9:30 am Zumba 10:30 am	FIT Pound 6:00 pm TAP Time 7:00 pm



3964 Goodman Road East, Suite 115
 Southaven, MS 38672

662-243-5533

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3-or-6 Week sessions available.
 Ask front desk for details.



M & W 12:30-2:00 pm
 Tues. 12:30-1:30 pm
 Thurs. 4:30-5:30 pm
 Sat. 11:30-1:00 pm

SPECIAL EVENTS

North MS Parkinson's
 Zumba Kids

Monthly
 Monthly

FaithInspiredTrainingsms@gmail.com

www.FaithInspiredTrainingsms.com



Class Descriptions



Boxing Circuit

Heart pumping, entire body workout. Circuit includes a mix of bag work, strength training and cardio. Gel gloves and boxing gloves are needed for this class. No virtual option for this class.

Chair Aerobics

Chair Aerobics helps to increase strength, range of motion, and activities for daily living. Hand-Held weights, elastic tubing with handles, and a small ball are used. Designed for all fitness levels and adaptable for common chronic conditions.

Chair Basics (Virtual only)

Chair Basics helps to increase flexibility, range of motion, strength, and activities of daily living. A chair, Hand-held weights, elastic tubing with handles, and a small ball are used. This class is excellent for the beginner and/or person with mobility issues.

Chair Yoga Chair yoga helps to improve core strength and posture, and increase flexibility, balance, range of motion. It can help you manage stress, chronic pain, and arthritis. A gentle way to lose weight, lower blood pressure, sleep better, and feel more energized. No virtual option for this class.

Circuit

Experience heart pumping, high-intensity cardio workout that incorporates strength training with a variety of equipment. Adaptable for ALL fitness level. Circuit will help you improve activities for daily living, enhance cognitive health, and increase cardiovascular endurance.

FIT CARDIO

A rigorous full-body workout that gets your heart pumping and muscles moving. Feel the burn in all areas of your body. The class includes weight training, core strengthening, and stretching to enhance flexibility and balance. All skill levels are welcome.

FIT POUND

Channel your inner Rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Instead of listening to music, BECOME the music in this fun, full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. This class is for all levels.

Line Dance

Learning different types of line dances can rejuvenate the body and mind. It also helps alleviate stress, anxiety, and depression. Other benefits include improved balance, coordination, and confidence. All genres of music used in this class.

Strength & Balance

Low-impact class to help improve flexibility & build strong muscles. 12-week Fall Prevention Series will be a part of this class.

TAP TIME

Tap dancing isn't about fancy footwork and rhythm; it's an amazing full body workout. Come burn calories improve coordination, and strengthen muscles, all while dancing to uplifting tunes that will nourish your soul. Tap shoes aren't needed to try this class. No virtual option for this class.

Yoga Vinyasa

Vinyasa yoga is a creative form of yoga where poses are linked together with the breath in a flowing sequence. This class will help you improve flexibility, All levels are welcome.

ZUMBA® ZUMBA Kids & ZUMBA GLOW®

Zumba® is a fun and energizing total body workout, combining all elements of fitness such as cardio, muscle conditioning, balance & flexibility. This class infuses excellent music with super dance moves. For EVERY BODY and everybody!