









## GROUP X SOUTH JACKSON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 -5:55 am CROSS TRAINING	5:00 -5:55 am CROSS TRAINING	OPEN	5:00 -5:55 am CROSS TRAINING	OPEN	OPEN
9:00AM STEP FIT	9:00 - 10:00 AM  ZUMBA	9:00 - 10:00 AM STRETCH	9:00 - 10:00 AM  ZUMBA	9:00 - 10:00 AM  ZUMBA	9:00 - 10:00 AM NEW CLASS TBA
OPEN	10:30 - 11:30 AM SILVER SNEAKERS	OPEN	10:30 - 11:30 AM SILVER SNEAKERS	OPEN	10:00 - 11:00 AM LINE DANCING
4:45 - 5:30 pm  ZUMBA	5:30 - 6:15 PM STEP JAM	OPEN	4:45 - 5:30 PM  ZUMBA	OPEN	OPEN
5:30 - 6:15 PM CIRCUIT BLAST	6:15 - 7:00 PM BODY PUMP	5:30 - 6:00 PM EXPRESS ABS	5:30 - 6:00 PM BODY PUMP	OPEN	SUNDAY 4:00PM  ZUMBA
OPEN	OPEN	6:00 - 7:00 PM LINE DANCING	OPEN	OPEN	OPEN

\*\*\* NON MEMBER FEE CHARGED

**Location:**

5225 HIGHWAY 18W  
JACKSON ,MS 39209

**Email Address:**

[Questfitnessofjackson@yahoo.com](mailto:Questfitnessofjackson@yahoo.com)

**Club Hrs:**

Mon-Thurs 5:00am-9:00pm  
Fri 5:00am-7:00pm  
Sat 8:00am-5:00pm  
Sun 1:00pm-5:00pm

**NEW MEMBERS ORIENTATION**

EVERY THURSDAY AT 5:00PM

LEARN ABOUT HEALTHY LIVING

EXERCISE AND NUTRITION

PROPER USE OF GYM EQUIPMENT

GYM RULES AND REGULATIONS





