



Morton Plant Mease
Wellness Centers
BayCare Health System

Cheek-Powell Wellness Center
MORTON PLANT HOSPITAL
455 Pinellas St., Suite 100
Clearwater, FL 33756
(727) 462-7656

www.mpmhealth.com/wellnesscenters

PILOXING®

4-Week Specialty Series w/ Judy Taavon

Come try the latest Hollywood fitness craze! PILOXING® uniquely blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a fat-torching, muscle-sculpting, core-centric interval workout, guaranteed to whip you into shape. PILOXING® is the brainchild of Swedish dancer and celebrity trainer Viveca Jensen.

Cheek-Powell Wellness Center

Choose from morning or evening time slots.

Mondays, 6:00am-6:55am, September 6-27

Tuesdays, 6:30pm-7:25pm, September 7-28

4-week series cost:

Members \$25

Guests \$35

Please sign-up at the front desk or call (727) 462-7656.

**Payment must be made at the time of sign-up
in order to reserve your spot.**

Class size is limited to 25 participants