



**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](http://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, August 2-23**

**Tuesdays, 6:30pm-7:25pm, August 3-24**

### 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**