

**Cox Health Fitness Center
The Meyer Center**

Free Class Schedule

September 13th—November 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	Group Strength Basketball Court	NEW! Boot Camp Meet on Basketball Court	Group Strength Studio 1	Boot Camp Meet on Basketball Court	*5:30 a.m. Group Strength Express (30 min.) Studio 1 Group Strength Studio 1	
8:00 am	Lifetime Fitness (45 min.) Studio 1	Lifetime Stretching (45 min.) Studio 2	Lifetime Fitness (45 min.) Studio 1	NEW! *8:30 a.m. Floor Aerobics (30 min.) Studio 2	Lifetime Stretching (45 min.) Studio 1	
9:00 am	Step n' Tone Studio 1 *9:45 a.m. - Ab Blast (15 min.) Bball Court Intro to Tai Chi Conf B	Lifetime Fitness Studio 2 *9:30 a.m. Mommy & Me (45 min.) Basketball Court	Step Express (45 min.) Studio 1 *9:45 Ab Blast (15 min) Bball Court	Lifetime Fitness Studio 2	Total Body Sculpting Basketball Court	Step Studio 2
10:00 am	NEW! Group Strength Basketball Court NEW! Outdoor Ride Outdoors	NEW! Intro to Spinning (30 min.) Cycling Studio	Group Strength Basketball Court Lifetime Strength Studio 1	NEW! Cardio Kickbox Studio 2 *10:15 a.m. Parkinson's Tai Chi Conf A		NEW! *10:15 a.m. Group Strength Studio 1
12:05 pm	NEW! Group Strength Express (30 min.) Studio 2	NEW! Abs & Back (30 min.) Studio 2	NEW! Group Strength Express (30 min.) Studio 2	Abs & Back (30 min.) Studio 2		
1:00 pm	Cardio Circuit Studio 2	*12:30 p.m. Beg. Ballroom Line Dancing Basketball Court	Cardio Circuit Studio 2			
3:00 pm		P.A.C.E. - Conf B		P.A.C.E. - Conf B		
5:00 pm	*4:30 p.m. Group Strength Express (45 min.) Basketball Court Ab Blast (15 min.) Studio 2	Ab Blast (15 min.) Studio 1 *5:15 p.m. Floor Aerobics (30 min.) Studio 2	Cardio Kickbox Basketball Court Meditation Conf B	*4:30 p.m. Group Strength Express (45 min.) Basketball Court Ab Blast (15 min.) Studio 2		
5:30 pm	Mix It Up—Studio 1 Group Strength Basketball Court	NEW! Step Express (45 min.) Studio 1 Walking for Weight Loss Meet in lobby	RIP—Studio 1	NEW! Group Strength Basketball Court Walking for Weight Loss Meet in lobby		
6:00 pm		Cardio Kickbox Basketball Court				
6:30 pm	NEW! Cardio Kickbox Basketball Court	NEW! Beg. Cardio & Strength Studio 1				
6:35 pm	Beginning Boot Camp Studio 2			NEW! Beginning Boot Camp Studio 1		
6:45 pm				NEW! Intro to Spinning (30 min.) Cycling Studio		

Low Intensity

Newly active, prenatal, seniors, overweight, chronic disease and individuals with injury-related conditions.

Beginning Cardio and Strength—Traditional strength training mixed with cardio intervals for the ultimate calorie burn.

Floor Aerobics - A 30-minute low impact floor aerobics workout. Cardio only, no weights.

Lifetime Strength— Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Lifetime Stretching - A gentle 45-minute total body stretching class focusing on decreasing stiffness and increasing range of motion and flexibility by way of various stretching techniques and the use of exercise bands and tubing.

Meditation - Learn and practice the art of meditation, a common sense alternative to stress reduction.

Mommy & Me—Try this new 45-minutes class with one of our very own new mom's & baby. Gentle strength training using your stroller, exercise bands, light weights, and gentle stretches. Appropriate for babies up to 18 months.

P.A.C.E. (People with **A**rthritis **C**an **E**xercise) - This class is designed for those individuals with Arthritis. The class will implement range of motion exercises, education on arthritis, and some light cardiovascular training.

Beginning Ballroom Line Dancing— 45-minutes of ballroom dance styles taught in a line dancing format (no partner necessary).

Intro to GTS—Learn the basic in the power of the Gravity Training System.

Intro to Yoga—Learn the fundamentals of Yoga. Introduces poses and breathing patterns.

Intro to Tai Chi—Learn how to improve balance, coordination and mental focus with graceful, fluid movements.

Walking for Weight Loss—Walk away weight with an untraditional approach to enhance your normal walking routine.

Low/Medium Intensity/Difficulty

These classes are taught to accommodate varying levels of fitness. Your instructor will show modifications to increase/decrease the work.

Ab Blast - 15 minutes of the best abdominal exercises to strengthen and tone your mid-section.

Abs & Back - 30 minutes of various abdominal exercises to strengthen and tone your mid-section and back exercises to help increase lower back stability and support.

Beginning Boot Camp—Outdoor runs, obstacle courses and calisthenics.

Introduction to Spinning—This class will introduce the basics of spinning to prepare you for the full hour spinning class.

Lifetime Fitness - A light 45-minute cardiovascular conditioning and muscle toning and strengthening class that also incorporates balance training with exercise tubing & bands, weights, and balls.

Cardio Circuit—Increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

Outdoor Ride—Get outdoors and enjoy the town! Join us for an hour bike ride along local trails, at a leisurely pace. All riders welcome.

Step 'n Tone - The best of both—a total-body toning, total-cardiovascular workout that will keep you moving utilizing a Reebok platform and resistance equipment.

Total Body Sculpting - Upper and lower body toning and strengthening using hand-held weights.

Medium/High Intensity/Difficulty

These classes are taught to accommodate varying levels of fitness. Your instructor will show modifications to increase/decrease the work.

Boot Camp—Outdoor runs, obstacle courses and calisthenics. Be prepared to work...Marine Corps style.

Group Strength - A total body workout using weights, resistance tubing and bands, and other strengthening & toning exercises.

Group Strength Express—45-minutes of the group strength class (above) that you love!

Mix It Up - A fun, aerobic workout mixed with Step, Floor Aerobics, and toning exercises using resistance equipment.

RIP - Total body, muscle conditioning class utilizing high **REPETITION**, with low to medium weights. Alternate between large and small muscle groups to increase **INTENSITY** of each muscle group with **POWER** moves. Defines, tones and rebuilds all major muscle groups.

Cardio Kickbox—A challenging full body workout that incorporates kickboxing moves and bag work, along with cardio and strength circuits.

***Classes are one hour unless otherwise denoted. 417-269-3282 for more information.**

- All registered and paid classes end November 7th. All free classes are on-going and will reset with the start of a new class session.

