

# North Class Schedule *March 8th - May 2nd*

The following classes are offered at no additional cost to Cox Fitness Center members.

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 a.m.	<b>Boot Camp</b> 3rd floor classroom		<b>Boot Camp</b> 3rd floor classroom		<b>Boot Camp</b> 3rd floor classroom
9:00 a.m.	<b>Lifetime Fitness</b> 3rd floor classroom		<b>Lifetime Fitness</b> 3rd floor classroom		<b>Lifetime Fitness</b> 3rd floor classroom
10:30 a.m.		<b>Lifetime Fitness Muscular Strength</b> 3rd floor classroom		<b>Lifetime Fitness Muscular Strength</b> 3rd floor classroom	
12:05 p.m.	<b>Abs and Back</b> (30 min) 3rd floor classroom	<b>Intro to Tai Chi</b> (30 min) 3rd floor classroom	<b>Abs and Back</b> (30 min) 3rd floor classroom		
1:00 p.m.		<b>A.F.E.P.*</b> 3rd floor classroom		<b>A.F.E.P.*</b> 3rd floor classroom	
5:00 p.m.	<b>Cardio Power</b> (30 min.) Cycle studio	<b>Cardio Power</b> (30 min.) 3rd floor classroom			
5:30 p.m.	<b>Core Board Conditioning</b> (30 min) Cycle studio	<b>Group Strength</b> 3rd floor classroom	<b>NEW!</b> <b>Cardio Kickboxing</b> 3rd floor classroom (45 min)	<b>Group Strength</b> 3rd floor classroom	
6:00 p.m.	<b>Ab Blast</b> (15 min) Cycle studio				

\* Registration is required for this class.

*This session for paid classes begins the week of March 8th  
All paid classes run in 8-week sessions.*

The following classes are paid. Registration is required and class size is limited.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.		<b>Yoga for Runners</b> 3rd floor classroom				
9:00 a.m.						<b>Spinning</b> Cycle studio
5:30 p.m.	<b>Yoga for Golfers</b> 3rd floor classroom	<b>Spinning</b> Cycle studio	<b>NEW!</b> <b>GTS Strength</b> (45 min) Cycle studio	<b>Spinning</b> Cycle studio		

Most classes are offered once a week and are \$25 for CFC members, and \$65 for non-members for an 8-week session. \*\$50 for members/ \$130 for non-members. All classes are one hour, unless otherwise noted.

# Class Descriptions

## Low Intensity/Difficulty

Specifically designed to accommodate the following higher risk individuals: newly active, prenatal, seniors, overweight, chronic disease and individuals with injury related conditions.

**A.F.E.P. (Arthritis Foundation Exercise Program)**– Low intensity class with little to no impact. Designed for those suffering from arthritis, fibromyalgia, etc. Class includes range of motion exercises along with endurance.

**Lifetime Fitness Muscular 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.

**Intro to Tai Chi** – learn the fundamentals of Tai Chi and improve your balance, coordination and mental focus with graceful, fluid movements.

## Low/Medium Intensity/Difficulty

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

**Ab Blast**– 15 minute core strengthening workout.

**Abs & Back** – Strengthen and tone your entire mid-section. 1/2 hr. class.

**Lifetime Fitness**– A low intensity cardiovascular and muscle strengthening class, that also incorporates balance training with bands, weights, and balls.

**Beginning Pilates**–Learn the basics on flexibility, muscle strengthening and improved posture.

**Beginning Yoga** – Learn the fundamentals of proper breathing and relaxation, and improve flexibility.

## Medium/High Intensity/Difficulty

These classes are taught to 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.

**Cardio Kickboxing** - This class is a challenging, full body workout that incorporates kick-boxing moves and bag work, along with cardio and strength circuits.

**Cardio Power**- A ½ hour cardiovascular class consisting of calisthenics, drills and fun! Modifications can be made for all levels of fitness.

**Core Board Conditioning**– This 30 minute class boosts your heart rate by using Reebok Core boards for plyometrics, drills and strength exercises

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

**GTS Strength**–A progressive 30 minute class that builds strong lean muscles using a unique dynamic pulley system in a small group training setting.

**Spinning** – Johnny G Spinning at its best!

**Yoga for Golfers** - Will provide exercises that will counter the muscles asymmetry inherently due to the golfers swing from one side of the body, overtraining and repetitive motion. Targets core strength, hip flexibility, lower back, torso rotation, hamstrings and breathing.

**Yoga for Runners**- This class is designed for runners it focuses on breathing & stamina techniques while improving core strength, hip and back flexibility and leg strength.

**This schedule is effective March.** Beginners are welcome in most classes. Talk with your Instructor about class modifications. Call Member Services at 269-3282 for more information on these and other Cox Fitness Centers' activities. Schedule and instructors are subject to change without notice.