

North Class Schedule

September 2010

The following classes are ongoing and offered at no additional cost to CoxHealth Fitness Center members.

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 a.m.	Boot Camp 3rd floor classroom		Boot Camp 3rd floor classroom		Boot Camp 3rd floor classroom
9:00 a.m.	Lifetime Fitness 3rd floor classroom		Lifetime Fitness 3rd floor classroom		Lifetime Fitness 3rd floor classroom
10:30 a.m.		Lifetime Fitness Muscular Strength 3rd floor classroom		Lifetime Fitness Muscular Strength 3rd floor classroom	
1:00 p.m.		A.F.E.P.* 3rd floor classroom		A.F.E.P.* 3rd floor classroom	
5:15 p.m.			NEW! Intro to Pilates (30 min) 3rd floor classroom		
5:30 p.m.		Group Strength 3rd floor classroom		Group Strength 3rd floor classroom	
6:00 p.m.			NEW! Beginning Boot Camp (Outdoors)		

*This session for paid classes runs September 13th - November 7th
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.		Yoga for Runners 3rd floor classroom				
9:00 a.m.						Spinning Cycle studio
12:00 p.m.		Tai Chi 3rd floor aerobics room				
5:30 p.m.	Beginning Yoga 3rd floor classroom	Spinning Cycle studio	GTS Strength (30 min) Cycle studio	Spinning Cycle studio		

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.

Tai Chi – 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.

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

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

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

Intro to Pilates— Learn the fundamentals of Pilates. Introduces poses and toning moves.

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.

Beginning Yoga—Focuses on gentle stretching, breathing, relaxation and de-stressing techniques. It would be appropriate for people with arthritis, fibromyalgia and other conditions that require light resistance levels.

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

This schedule is effective September. 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.