

# CoxHealth Fitness Centers in Republic

## Republic Class Schedule— Starting March 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.	Group Strength			Fit Ball Express (30 mins)	<b>NEW!</b> Step	Step
9:15 a.m.			<b>NEW!</b> *GTS Strength (30 mins)			
9:30 a.m.				Abs & Back (30 mins)		
10:00 a.m.	Lifetime Fitness Muscular Strength		Lifetime Fitness Muscular Strength	Lifetime Fitness Cardio Circuit	Lifetime Fitness Muscular Strength	
5:00 p.m.	*Zumba					
5:30 p.m.		* Power Yoga		Core Board Conditioning (formerly Hard Core)		
6:00 p.m.	<b>NEW!</b> * 5K Run Training (get ready for May Day 5K!)	Boot Camp		Boot Camp ————— * Yoga		
6:05 p.m.	Cardio Kickbox		Step & Box			
6:45 p.m.		<b>NEW!</b> *GTS Strength (30 mins)				
7:00 p.m.				* Pilates		
7:05 p.m.	Group Strength		*Spinning			
7:15 p.m.		<b>NEW!</b> *GTS Strength (30 mins)				

\*Extra fee and class registration is required. The cost is \$25 for CoxHealth Fitness Center members and \$65 for non-members for the complete session. Beginners are welcome in most classes. Call Member Services at 269-2428 for more information on these and other CoxHealth Fitness Centers' activities. Schedule and instructors are subject to change without notice.



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# Class Descriptions

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## 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.

**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 and elastic tubing with handles are offered for resistance, and a chair is used for seated and/or standing support.

## Low-Medium Intensity/Difficulty

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

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

**Fit Ball Express**— Work the upper/lower body and abs in just 30 minutes on the fitball!

**Pilates**- Flexibility, muscle strengthening and improved posture.

**Yoga**— Learn the fundamentals of proper breathing and relaxation while improving flexibility.

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

**Zumba**—A fusion of Latin and International music—dance themes that create a dynamic, exciting, effective fitness system! The routine features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

## Medium-High Intensity/Difficulty

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

**Step**— A straightforward step class.

**Step & Box**- A combination class of basic step, kickboxing aerobics and muscle strengthening. No complicated choreography, so it's great for beginners.

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

**Boot Camp**— Bored with your current routine? This workout is just for you. Join us for the challenging indoor/outdoor workout that includes walking/running, obstacle courses, and calisthenics based on Marine Corp training standards.

**GTS Strength**— A progressive 30 minute class that enhances a full range of muscle development using a unique dynamic pulley system in a small group training setting.

**Core Board Conditioning (formerly Hard Core)** - This 30-minute class boosts your heart rate by using Reebok Core Boards for plyometrics, drills, and strength exercises.

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

**Power Yoga**— Involves a variety of sequences of yoga poses focusing on strength and flexibility. It emphasizes a vigorous approach to the postures and breath control.

**Spinning/Indoor Cycling**—Indoor cycling at its best! Learn cycling techniques to increase your efficiency in pedal stroke and speed while improving your cardiovascular endurance and muscular strength. An exhilarating workout that challenges your individual fitness level in a fun, group atmosphere.

**5K Run Training**—This class is designed to increase endurance by using walk/run intervals to reach the goal of running a 5K (3.1 miles). You'll be ready to run the May Day 5K on May 1st!