

Republic Class Schedule- Starting September 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.	Group Strength		*Power Yoga	NEW! Cardio Power		Step
10:00 a.m.	Lifetime Fitness Muscular Strength	NEW! * Tai Chi	Lifetime Fitness Muscular Strength		Lifetime Fitness Muscular Strength	
4:30 p.m.	NEW! FitBall Express					
5:00 p.m.	New Instructor! *Zumba		NEW! *GTS Spin			
5:30 p.m.		* Power Yoga	NEW! * Guys Only GTS	Abs & Back (1/2 hour)		
6:00 p.m.		Boot Camp		Boot Camp _____ * Yoga		
6:05 p.m.	New Instructor! Cardio Kickbox		Step & Box			
7:00 p.m.				* Pilates		
7:05 p.m.	Group Strength		NEW! *Spinning			

*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.

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.

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.

Tai Chi—learn the fundamentals of Tai Chi and improve your balance, coordination, strength 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.

Abs & Back – Strengthen and tone your entire mid-section in this 1/2 hour 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.

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.

Cardio Power- A fun class that incorporates a total body strength workout in a circuit style format while giving you a boost of cardio at the same time. Modifications can be made for any participant at any fitness level.

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.

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.

GTS Spin—A circuit style cardio based 30 minute class that progressively increases in difficulty. Exercises are performed on both the dynamic pulley system (GTS) and Reebok Spin bike.

Guys Only GTS—A high resistance and intense 30 minute workout using our individual dynamic pulley system machine (GTS). Sessions are designed to build on your current workout, whether