

Willard Class Schedule – September 13th - November 7th

The following classes are offered at *no additional cost* to Cox Fitness Centers' members unless otherwise denoted.

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m.		<i>Lifetime Fitness</i> Muscular Strength		<i>Lifetime Fitness</i> Muscular Strength	
10:00 a.m.	A.F.E.P.		A.F.E.P.		A.F.E.P.
5:30 p.m.		Boot Camp		Boot Camp	
6:00 pm	Yoga*				

***This class has an additional fee.** Classes that are offered once a week and are \$25 for CFC members and \$65 for non-members, for an 8-week session.

All Classes are one hour in length unless otherwise denoted.

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.

AFEP, Arthritis Foundation Exercise Program- Low intensity class with little to no impact. Designed for those suffering from arthritis, fibromyalgia, etc. Class includes a range of motion exercises along with endurance.

Lifetime Fitness Muscular Strength and Range of Motion- 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.

Medium/High Intensity/Difficulty

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

Yoga – Improve flexibility and tone your body with this great stress reducing class! This class is one level up from Beginning Yoga.

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

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.