

North Class Schedule *Jan 4th - Feb 28th*

The following classes are offered at no additional cost to Cox 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 <i>Muscular Strength</i> 3rd floor classroom		Lifetime Fitness <i>Muscular Strength</i> 3rd floor classroom	
12:05 p.m.	Abs and Back (30 min) 3rd floor classroom	Intro to Tai Chi 3rd floor classroom (30 min)	Abs and Back (30 min) 3rd floor classroom		
1:00 p.m.		A.F.E.P.* 3rd floor classroom		A.F.E.P.* 3rd floor classroom	
5:00 p.m.		NEW Cardio Power (30 min.) 3rd floor classroom			
5:30 p.m.	Core Board Conditioning (30 min) Cycle studio	Group Strength 3rd floor classroom		Group Strength 3rd floor classroom	
6:00 p.m.	Ab Blast (15 min) Cycle studio				

* Registration is required for this class.

*This session for paid classes begins the week of Jan 4th
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.		NEW Yoga for Runners 3rd floor classroom				
9:00 a.m.						Spinning Cycle studio
4:00 p.m.			*GTS/Spin Cycle studio			
5:00 p.m.			Beginning Pilates 3rd floor classroom			
5:30 p.m.	NEW Yoga for Golfers 3rd floor classroom	Spinning Cycle studio		Spinning Cycle studio		
6:00 pm.			Power Yoga 3rd floor classroom			

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 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/Spin – This class offers 30 minutes of GTS and 30 min of Spinning to enhance muscle development, improved tone while getting a great cardio workout.

Power Yoga– 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. Level I is for the beginning student, but is a challenging course for all levels.

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 January. 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.