

Cox Health Fitness Centers  
The Meyer Center

# Paid Class Schedule

March 8th—May 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.		Spinning Cycle Studio GTS Pilates Studio 1	*6:15 a.m. Power Walking Basketball Court	Spinning Cycle Studio GTS Pilates Studio 1		
7:00 a.m.						
8:00 a.m.	*8:30 a.m. Pilates Studio 2					
9:00 a.m.		Zumba Basketball Court Spinning Cycle Studio GTS Pilates Studio 1	Yoga Studio 2	Spinning Cycle Studio GTS Pilates Studio 1	GTS Pilates Studio 1	Power Yoga Studio 1
10:00 a.m.	Beginning Yoga Conf B		Beginning Yoga Conf A		Beginning Yoga Conf A	
10:15 a.m.	Beginning Pilates Studio 2 GTS Pilates Studio 1	<b>NEW!</b> GTS Pilates Studio 1 Beginning Yoga Studio 2	Tai Chi Studio 2		Beginning Pilates Studio 2	
12:00 p.m.	GTS Strength (30 min.) Studio 1					
1:00 p.m.		GTS Pilates Studio 1		GTS Pilates Studio 1		
4:15 p.m.	GTS Pilates Studio 1			GTS Pilates Studio 1		
4:30 p.m.						
5:00 p.m.	Spinning Cycle Studio	*5:15 p.m. - Prenatal Yoga Conf B		<b>NEW!</b> Dance and Tumble (45 min.) Conf A		
5:30 p.m.	<b>NEW!</b> Yoga Conf A Beginning Pilates Conf B Beginning Zumba Studio 2		<b>NEW!</b> Beginning Yoga Conf B Pilates Conf A Zumba Studio 2	Beginning Pilates Conf B GTS Pilates Studio 1	<b>NEW!</b> GTS Pilates Studio 1 Yoga for Golfers Studio 2	
5:45 p.m.				<b>NEW!</b> Spinning Cycle Studio Dance and Tumble Conf A		
6:00 p.m.	Spinning Cycle Studio	Power Yoga Studio 2		Beginning Yoga Studio 2		
6:30 p.m.	Zumba Basketball Court		<b>NEW!</b> Yoga for Triathletes Studio 1 Spinning—Cycling Studio	Zumba Basketball Court		
6:45 p.m.			Tai Chi Studio 2			

All paid classes require registration and are offered to CFC members and non-members. All classes are one hour unless otherwise denoted. Classes and instructors are subject to change at any time.

Classes are held once a week - \$25 for CFC members; \$65 for non-members. GTS Pilates is \$50 for CFC members and \$130 for non-members.

### **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.

**Beginning Pilates**—Learn the basics on flexibility, muscle strengthening and improved posture.

**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.

**Beginning Zumba**—Starts at a slower beginner level pace. 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.

**Dance & Tumble**—Children ages 4—11 who want to learn the discipline of dance and tumbling. Each week will cover different types of dance.

**Prenatal Yoga**— Moms-to-be will improve relaxation and mental focus.

**Tai Chi**— Improve balance, coordination and mental focus with these 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.

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

**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.

**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.

**Power Walking** - An hour long class with educational coaching and progressive to challenging walking drills as participants increase personal endurance and speed.

**Yoga for Golfers**—Focus will be on exercises that counter the muscles, through core strength, hip flexibility, lower back, torso rotation, hamstrings & breathing

**Yoga for Triathletes**—This class is designed for the endurance athlete who participate in multi-sporting activities; focuses on flexibility, balance, breathing & stamina techniques.

### **Medium/High Intensity/Difficulty**

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

**GTS Pilates** – This one hour class offers personalized training in a small group setting. The use of a dynamic pulley system allows for enhanced muscle development, improved tone, and increased joint range of motion.

**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. (\$25 for members or \$65 for non-members)

**Spinning**— 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.

**\*Weather Policy:** CoxHealth Fitness Centers will be open as scheduled except during extreme inclement weather conditions. Management will determine if conditions warrant reduced hours or facility closings and if possible, notice will be posted on main entrance doors and a phone message reflecting these changes. If your public school's classes are cancelled due to inclement weather, your fitness center's classes are cancelled as well. There will be times that classes are canceled due to inclement weather that occurs after school hours. If weather is threatening please call your fitness center for the latest cancellation information.

**\*Class participants who are non-members at the Meyer Center** do not have access to the facility until 10 minutes before their class starts and must leave the facility after their class is over. Participants wanting to use the facility other than allotted class time will need to stop at the front desk to purchase a guest pass.

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 CoxHealth Fitness Centers' activities.

