

North Class Schedule

July 2010

The following classes are ongoing and offered at no additional cost to CoxHealth 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 Muscular Strength 3rd floor classroom		Lifetime Fitness Muscular Strength 3rd floor classroom	
1:00 p.m.		A.F.E.P.* 3rd floor classroom		A.F.E.P.* 3rd floor classroom	
5:30 p.m.		Group Strength 3rd floor classroom		Group Strength 3rd floor classroom	

* Registration is required for this class.

*This session for paid classes runs **July 12th - September 5th**
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.		Yoga for Runners 3rd floor classroom				
9:00 a.m.						Spinning Cycle studio
5:30 p.m.	Beginning Yoga 3rd floor classroom	Spinning Cycle studio	GTS Strength (30 min) Cycle studio	Spinning Cycle studio		

Most classes are offered once a week and are \$25 for CFC members, and \$65 for non-members for an 8-week session. *\$50 for members/ \$130 for non-members. All classes are one hour, unless otherwise noted.



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.

Low/Medium Intensity/Difficulty

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

Lifetime Fitness– A low intensity cardiovascular and muscle strengthening class, that also incorporates balance training with bands, weights, and balls.

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.

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.

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

GTS Strength—A progressive 30 minute class that builds strong lean muscles using a unique dynamic pulley system in a small group training setting.

Spinning – Johnny G Spinning at its best!

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 July. 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.