

Republic Class Schedule- Starting July 12th-Sept. 5th

**July MEMBER'S ONLY Special
ALL PAID CLASSES 1/2 PRICE!!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.	Group Strength		NEW! *Power Yoga	Fit Ball Express (1/2 hour)		
9:30 a.m.				Abs & Back (1/2 hour)		
10:00 a.m.	Lifetime Fitness Muscular Strength		Lifetime Fitness Muscular Strength		Lifetime Fitness Muscular Strength	
5:00 p.m.	*Zumba					
5:30 p.m.		* Power Yoga		Abs & Back (1/2 hour)		
6:00 p.m.		Boot Camp		Boot Camp ----- * Yoga		
6:05 p.m.	Cardio Kickbox		Step & Box			
7:00 p.m.				* Pilates		

*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.

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.

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.

Cardio Kickbox- A challenging full body workout that incorporates kickboxing moves and bag work, along with cardio and strength circuits.

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.