

## Willard Class Schedule –

July 12th - September 5th

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><br>Muscular Strength |           | <i>Lifetime Fitness</i><br>Muscular Strength |          |
| 10:00 a.m. | A.F.E.P. |  | A.F.E.P.  |  | A.F.E.P. |
| 5:30 p.m.  |          |  |           | 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.**

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## Class Descriptions

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### **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 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.

