



CoxHealth Fitness Centers at The Meyer Center Lap Pool Schedule Effective January 8th, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a- Lap Swim 8:00a	5:00a- Lap Swim 8:00a	5:00a- Lap Swim 8:00a	5:00a- Lap Swim 8:00a	5:00a- Lap Swim 8:00a	6:00a- Lap Swim 8:00a	6:00a- Lap Swim 8:00a
8:00a Aquacise Cyndie	8:00a Sculpt & Splash Cyndie	8:00a Aquacise Zoe	8:00a Sculpt & Splash Angie	8:00a Aquacise Cyndie	8:00a- Adult Open Swim 9:30a Ages 12+	8:00a- Adult Open Swim 2:00p Ages 12+
9:00a Aquacise Zoe	9:00a Aquacise Cyndie	9:00a Aquacise Aracelli	9:00a Silver Splash (45-min) Angie	9:00a Aquacise Laken	9:30a- Family Swim 6:30p	2:00p- Family Swim 6:30p
10:00a Deep Water Workout , Laken	10:00a Aquatics for Arthritis , Laken	10:00a Deep Water Workout , Laken	10:00a Aquatics for Arthritis , Aracelli	10:00a Deep Water Workout , Laken	6:30p Pool Closed	6:30p Pool Closed
11:00a Adult Open Swim 1:00p Ages 12+	11:00a Adult Open Swim 2:00p Ages 12+	11:00a Adult Open Swim 1:00p Ages 12+	11:00a Adult Open Swim 2:00p Ages 12+	11:00a- Adult Open Swim 1:00p Ages 12+		
1:00p H2O Cardio Laken	2:00p Family Swim 5:00p	1:00p H2O Cardio Laken	2:00p- Family Swim 4:30p	1:00p Mid-day Water Workout , Marisa		
2:00p Adult Open Swim 5:30p Ages 12+	5:00p Power Sculpt Express (15-min) Aracelli	2:00p Adult Open Swim 6:30p Ages 12+	4:30p- Adult Open Swim 6:30p Ages 12+	2:00p- Adult Open Swim 4:30p Ages 12+		
5:30p Aqua Boot Camp Cyndie	5:15p Power Aquacise (45-min), Aracelli	6:30p Small Group Swim Training** Marisa	6:30p Beginning Adult Swim** (55-min) Marisa	4:30p- Family Swim 6:30p		
6:30p- Family Swim 8:30p	5:30p Level 1 Swim Lesson* (30-min) Caroline	7:30p- Family Swim 8:30p	7:30p- Family Swim 8:30p	6:30p- Adult Open Swim 8:30p Ages 12+		
8:30p Adult Open Swim 10:30p Ages 12+	6:15p Level 1 Swim Lesson* (30-min) Caroline	8:30p- Adult Open Swim 10:30p Ages 12+	8:30p- Adult Open Swim 10:30p Ages 12+	8:30p Pool Closed		
10:30p Pool Closed	6:45p Family Swim 8:30p	10:30p Pool Closed	10:30p Pool Closed			
	8:30p Adult Open Swim 10:30p Ages 12+					
	10:30p Pool Closed					

Adult Open Swim - Open pool for ages 12 and up.

Family Swim - Open pool for all ages, including children 11 and under. Parental supervision required.

Please note that classes and instructors are subject to change at any time.

Free classes are continuous, and are free for fitness center members only. No registration required.

POOL CLOSING ONE HALF HOUR BEFORE FACILITY CLOSING.

All classes are offered for 50 minutes unless otherwise denoted and are taught to varying levels of fitness. All class participants must be 12 years of age or older, unless denoted differently on the individual class flyer.

***Level 1 Swim Lessons** will be offered as 4-week sessions in January and February (1-9-18 thru 1-30-18 or 2-6-18 thru 2-27-18). A 4-week session is \$25/members and \$65/non-members and requires registration.

****Small Group Training classes** require an extra fee and registration. This is a capacity of 10 or less. Cost is \$50/members and \$130/community.

Each class has a minimum requirement of eight participants, with the exception of children's swim lessons. All classes are offered once/week.

This symbol denotes a class that involves some swimming with an aqua belt.

The goal of our Group Fitness Program is to provide you with professional instruction, a safe, effective, well-balanced and fun workout. We offer a variety of classes that focus on cardiovascular conditioning, strength and flexibility training, and mind/body awareness. Many of our classes are geared for all levels of fitness and some are more appropriate for beginning, intermediate, or advanced exercise. We encourage you to take a few minutes to read the following class descriptions so that you can get the most out of your workout and remain injury-free. Always workout at your appropriate level of intensity/ability regardless of the level of class. Please note that a minimum number of participants is required for a class to remain on the schedule.

Aqua Boot Camp – If you like traditional land boot camp exercises, try this class that brings it to water!

Aquacise – A total body workout that incorporates cardiovascular endurance, toning and flexibility.

Aquatics for Arthritis – Class is designed for those with arthritis, fibromyalgia, or other joint and muscle conditions. Exercises are specific for improving range of motion, muscular strength and endurance.

Deep Water Workout – A full-body workout that utilizes flotation devices to help minimize impact on the ground while increasing your work intensity against water and improving core balance and cardiovascular health.

H2O Cardio – This is a high energy class designed to offer a variety of cardiovascular and muscular endurance exercises, as well as flexibility training. You will be motivated by music to get the blood pumping and keep the body moving. Class routine blends high intensity interval training and power strengthening using equipment. This class will help increase strength, balance, power and range of motion.

Mid-Day Water Workout – Incorporates effective toning exercises with added resistance by use of water barbells and noodles to firm and strengthen all parts of the body.

Power Aquacise (45 min.) – Energizing cardiovascular exercises. This class focuses mainly on cardiovascular fitness and endurance.

Power Sculpt Express (15 min.) – This 15 min. class is geared for participants who want to have a healthy core, back, arms and legs all by using water weights and noodles.

Sculpt & Splash – Medium to high impact water aerobics that use cardio and weights to create a high metabolic boost.

Silver Splash – Fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required!

SWIM LESSONS *require registration and payment

Child must be independent in the water for following three levels:

Level 1 (30 min.) – Must be independent in the water and introduces buoyancy, breathing and motion. (Must be at least 4 years old)

Level 2 (30 min.) – Introduces independence in the water, buoyancy, breathing and motion. Educates children on water safety and pool rules. (Must be at least 4 years old)

Level 3 (30 min.) – Helps refine basic strokes and introduces advanced strokes. (Must be at least 4 years old)

Level 4 (30 min.) – This class provides children with the skills to refine previously learned strokes and introduce competitive stroke and swimming for fitness. (Must be at least 4 years old)

Beginner Adult Swim Lessons - Help overcome fear of the water and to learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance. Learn floats, glides, kicks, rotary breathing, and combined swimming strokes including front crawl, breaststroke, and elementary backstroke. No swim experience required.

Private Swim Lessons (30 min.) – Designed for those who want individual attention or for families with busy schedules. Goals will be established for each individual. Available to members and non-members, ages 18 months up to adults.

Small Group Swim Training - Refine your swimming strokes to improve fitness levels. Must be able to swim full lap continuously (50 yards).

Appointments will be held at any time and in either the lap pool or warm water pool. Please check with the front desk or call our Aquatics Coordinator at 269-5384 for rates and appointment times.

Non-member guests who have paid for a day pass may take any class that is free for CoxHealth Fitness Centers members.

Lap Pool Info and Rules:

— The lap pool is 25 yards long, 4-5 feet deep, and 83 - 85°F
— Participants must shower with soap before entering the pool.
— Lotions, oils and dirt can compromise the clarity/cleanliness of the pool.

— Lifeguard not on duty.

— No diving anywhere in the pool. No running or rough play.

— No public displays of affection.

— Spitting or blowing the nose in the pool area is prohibited.

— Long hair must be pulled back and secured.

— Approved swimwear only. Must be in good condition, lined and with no transparency. Two-piece swimwear is allowed if an athletic style.

— No cut-offs or jean shorts. No tennis shoes in the pool. Only aquatic exercise shoes are allowed.

— Approved personal pool equipment is allowed if it is for aquatic fitness or safety.

— Lap swim times are for ages 12+. Children 11 and younger may participate in lap swim during designated family swim times only, and all lap swim rules must be followed.

— Lap swim times are designated for lap swimming. One lane will be designated for water walking during lap swim times. All other lanes are for swimming only, unless lanes are unoccupied. (A water walker must vacate the lap lane for a lap swimmer and a lap swimmer must vacate the walking lane for a walker.)

— Lap swimmers must share lanes if all lanes are occupied.

— Individuals can bring their own swimming equipment.

— If the swim lift is needed, staff must provide initial instruction in proper operation.

— Pools close 30 minutes before facility closing.

Weather Policy: No classes will be held at The Meyer Center if Springfield Public Schools have cancelled classes due to inclement weather. There will be times that classes are cancelled due to inclement weather that occurs after school hours. If weather is threatening please call your fitness center for the latest cancellation information.

CoxHealth Fitness Centers at The Meyer Center

3545 S National Ave, Springfield MO 65807

Phone: 417-269-3282 Email: coxfitnesscenters@coxhealth.com

The Meyer Center Hours:

Mon – Thurs: 5am – 11pm

Fridays: 5am – 9pm

Weekends: 6am – 7pm

Meyer Kids Club Hours:

Mon – Fri: 8am–2pm, 4pm–8pm

Saturdays: 8am – 2pm

