



CoxHealth Fitness Centers at The Meyer Center Specialty Class Schedule September 9th-November 3rd, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00a Yoga Conf. B, Phyllis	5:30a TRX Strength Express (30-min) Court Studio, Cyndie	9:00a Yoga Studio 2, Mollie	5:30a TRX Strength Express (30-min) Court Studio, Nicole	6:15a V.O.W. Small Group Training (30-min) Court Studio, Cyndie	9:00a Spinning Cycle Studio, Sheryl
8:30a Gentle Yoga Conf. B, Mollie	9:00a Aqua Tai Chi (45-min) Mollie, Warm Water Pool	9:00a Beginning Tai Chi Studio 1, Scott	9:00a Spinning Cycle Studio, Sheryl	9:00a Aqua Tai Chi (45-min) Mollie, Warm Water Pool	10:15a Parkinson's Cycling Cycle Studio, Sheryl
10:00a PiYo Studio 2, Mollie	9:00a Spinning Cycle Studio, Sheryl	10:15a Tai Chi Studio 2, Scott	9:00a TRX HIIT* (55-min) Court Studio, Cyndie	9:00a Into to Pilates (30-min) (FREE) Studio 2, Cyndie	12:00p Intro to Taekwondo (FREE) (for ages 8 & older) Conf. B, Chuck
10:30a TRX Strength* Court Studio, Zoe	10:15a TRX Express (30-min) Court Studio, Aracelli	4:00p Beginning Tai Chi Conf. B, Chuck	9:00a Jiangan Conf. B, Scott	10:00a TRX Strength* (55-min) Court Studio, Cyndie	
5:00p Intro to Yoga (30-min) (FREE) Studio 2, Jodell	10:15a Beginning Yoga Studio 2, Mollie	5:00p Intro to Yoga (30-min) (FREE) Studio 2, Jodell	9:00a Wellness for Warriors Conf. A Rotating Instructors		
5:00p Spinning Cycle Studio, Sheryl	10:15a Parkinson's Cycling Cycling Studio, Sheryl	5:30p Yoga for Rehab Conf. A, Melissa	10:15a Pilates Core Strength Studio 2, Cyndie		
5:30p Yoga Conf. B, Sherry	12:00p TRX Pilates* Court Studio, Zoe	5:30p Beginning Tai Chi Conf. B, Chuck	10:30a Gentle Yoga Conf. B, Mollie		
6:00p Spinning Cycle Studio, Sheryl	5:30 Tiger Cub Taekwondo (30 min) Ages 5-8 Conf. A, Chuck	5:30p V.O.W. Small Group Training (55-min) Court Studio, Mollie	12:00p Restorative Yoga Conf. B, Mollie		
	6:00p Intro to Yoga (30-min) (FREE) Conf. B, Aracelli		5:30p Yoga Core Studio 2, Cyndie		
	6:00p Power Yoga Studio 2, Steve		6:00p Spinning Cycle Studio, Sheryl		
	6:30p Taekwondo (90-min) (for ages 8 & older) Conf. B, Chuck		6:30p Taekwondo (90-min) (for ages 8 & older) Conf. B, Chuck		

Stroller-Friendly Class: Parents may bring children, under the age of 18-months, while they work out.

Free class to the community (and members).

(FREE) Learn the fundamentals of one of our specialty classes in this 30-minute introductory class. Free to CoxHealth Fitness Centers members!

Prices for an 8-week session are \$25 for members/ Cox employees and \$65 for community.

*Small Group Training class price is \$50 for members, \$130 to the community.

All class participants must be 12+ unless denoted differently on the individual class flyer.

Classes are held once a week for 8-weeks.

Specialty classes require registration and are open to CHFC members and the community.

Please note that classes and instructors subject to change without notice.

Group Exercise Manager:

Nancy Propst

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Mind & Body Coordinator:

Mollie Estes

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The goal of our Group Fitness Program is to provide you with professional instruction, a safe, effective, and 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 work out 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. Sign up early!

Aqua Tai Chi - (45-min) - Improve balance, coordination and mental focus with these graceful, fluid movements with the added benefit of balance in the warm water pool.

Beginning Pilates - Learn the basics of flexibility, muscle strengthening and improved posture with Pilates exercises.

Beginning Yoga - Focuses on gentle stretching, breathing, relaxation and de-stressing techniques. Appropriate for people with arthritis, fibromyalgia and other conditions that require light resistance levels. Requires getting up/down to the floor slowly.

Gentle Yoga - A healing and therapeutic form of yoga with gentle stretching and calming breath practice. Can modify in a chair if needed, please talk to instructor of special needs.

Jiangan - (Chinese Wand Exercise), uses a system of exercises that combine deep, diaphragmatic breathing with graduated repetitions of simple movement that stretch, tone & improve range of motion. Utilizes a lightweight bamboo pole to provide focus and stability.

Pilates Core Strength - Class focuses on developing core strength, flexibly, balance and stamina. The instructor presents the exercises at multiple levels which allows students to choose to work at a beginning, intermediate or advanced pace.

Power Yoga - This class offers Vinyasa Flows and a variety of Yoga sequences and poses that focus on strength and flexibility. It's a more vigorous approach to the postures and breath work of a regular Yoga practice with stress reducing benefits.

Restorative Yoga - A yin style yoga class focusing on longer holds of postures and aiding in injury prevention and healing.

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.

Taekwondo (90 min) - Taekwondo is a traditional Korean martial art and international Olympic sport that teaches much

more than physical fighting skills. Taekwondo is considered to be one of the most beautiful and highly skilled styles of martial art practiced today. Participants must be age 8 or older.

Tai Chi - Improve balance, coordination and mental focus with these graceful, fluid movements coordinated with breath.

Tiger Cub Taekwondo (30min) - For children 5-8 years old. This class will teach the discipline of martial arts and help young students develop motor skills, self-control, focus, and learn to follow directions.

TRX Pilates - Train in a small group setting while performing Pilates toning exercises utilizing the TRX suspension training system. This class focuses on core stability, muscle strength and joint mobility.

TRX Express - Experience personalized training in a small group setting while using the TRX suspension training system that leverages gravity and your own body weight to give you a great strength building workout. Develop strength, balance, flexibility and core stability all in one 30-minute class!

TRX HIIT - 55 minutes of timed interval strength exercises, mixed with cardio to give a full body workout.

TRX Strength - This mix of gravity resistance and movement provides the ultimate workout for strength, endurance, balance, coordination, flexibility, power and core stability.

V.O.W. - Make a commitment to exercise! Variety is the name of the game! This women's only small group training class will get you the fitness results you've been striving for by utilizing various methods potentially including cardio, weights, TRX, HIIT and more! Never be bored in your workout routine again.

Wellness for Warriors - Wellness for Warriors is a class designed to introduce Veterans and First Responders to a variety of mind and body techniques that provide tools for life enhancement and over all well-being.

Yoga - Practice Yoga postures and breath work that will help you build strength, increase flexibility, and find focus.

Yoga Core - Class will focus on Yoga postures that utilize the primary muscles that stabilize the "core" of your body, and that strengthen and stretch and abdomen, back, glutes, hamstrings and hip flexors.

Yoga for Rehab - This class is intended for those recovering from Orthopedic injuries, joint replacements or who experience general back pain and other joint issues. Taught by a Certified Athletic Trainer, Yoga for Rehab is a therapeutic approach to a basic Yoga class and uses props and modifications to assist the participants in regaining mobility.

Our Studio Etiquette guidelines are designed so all members experience a successful, safe and enjoyable

workout. Thank you for your cooperation.

- Classes are a group activity, we request that you follow the instructor's routine.
- Please be on time. We suggest novice cyclists arrive five minutes early for set-up instructions.
- Keep conversation to a minimum.
- Please only enter the studio after the current class has finished, and return all equipment used to the storage closet after your class.
- The use of cell phones for talking and texting are not permitted in class. Please turn off all phones or keep in silent mode.
- Please remember personal hygiene and refrain from wearing strong perfume/cologne.

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.

Class participants who are non-members 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.

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

