



CoxHealth Fitness Centers in Republic Group Exercise Class Schedule Effective September 9th

MONDAY

10:00am **Silver Sneakers**
Gretchen

6:00pm **Total Body Strength**
Ashton



New Instructor!

TUESDAY

5:00pm **TRX Express*** (30-min)
Sherri

5:30pm **Power Yoga***
Sherri

6:30pm **Small Group Training With Dustin****
It's back!

WEDNESDAY

9:00am **Beginning Yoga***
Kiera

10:00am **Silver Sneakers**
Kiera

5:30pm **HIIT Express**
(45-min) Patricia

6:15pm **Core Craze**
(30-min) Patricia

THURSDAY

5:30pm **TRX Express*** (30-min)
Dustin

6:00pm **Beginning Yoga***
Marisa

7:00pm **Glute & Ab Blast
Express**
Marisa

FRIDAY

10:00am **Silver Sneakers**
Kiera

All classes are held in the 2nd floor Group Exercise Room, unless otherwise listed.

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

Specialty and Small Group Training classes are held once a week for 8-weeks.

***Specialty classes** require registration.

Prices for an 8-week session are \$25 for members and CoxHealth Employees, \$65 to the community.

****Small Group Training classes** require registration.

Prices for an 8-week session are \$50 for members and CoxHealth Employees, \$130 to the community.

All class participants must be 12 years of age or older, unless denoted differently on the individual class flyer.

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

See class descriptions on the back.

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 in order for a class to remain on the schedule. Sign up early!

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.

Glute & Ab Blast Express— This 45-minute class will start by hitting glutes, quads, hamstrings and more for 30 minutes, then ending with 15 minutes of abs and core!

Core Craze - 30-minute class that focuses on all things core. Includes abdominals, lateral flexors and back extensors to improve torso stability, function and look!

Total Body Strength - A total body workout using dumbbells, barbells, resistance tubing, kettlebells, bands and a variety of strengthening & toning exercises to help tighten up everywhere! Ends with 15 minutes of all abs!

HIIT Express - delivers high-intensity interval training (no matter what your fitness level) that gets the job done. This 45-minute, results-driven workout torches fat, sculpts muscle and increases metabolism, burning calories long after you stop sweating by alternating between bursts of intense activity and rest periods. This class is great for ANY fitness level and instructors will give options for all (for example, one person's high intensity might be box jumps while another does stationary squats). Come check it out and see for yourself!

Power Yoga - This class emphasizes a more athletic, vigorous style of yoga by using a quicker flow of yoga postures that focus on strength and flexibility. Be prepared to sweat!

Silver Sneakers - A light cardiovascular conditioning and muscle toning/strengthening class that also incorporates balance training. Uses exercise bands, weights, and balls.

TRX Express - Be a part of the cutting edge suspension training rage! Born from the U.S. Navy SEALs, this workout will challenge you in every plane of motion by using the Total body Resistance Exercise (TRX) strap and leveraging your body weight against it. Achieve strength, flexibility, core stability and metabolic training with TRX Suspension Training that will make every muscle in your body work no matter your fitness level!

Group Training with Dustin - Join Dustin in this small group personal training class of up to only 10 participants. This exciting hour class will be a great mix of strength and/or cardio and will vary every week to get you results. Classes will include (but not limited to) TRX, kettle bells, free weights, and body weight training ending with foam rolling and stretching. This action-packed class will work every inch of your body, so if you're looking for a challenge—this is it!

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 at CoxHealth Fitness Centers in Republic will be held if the Republic public school district has 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 us for the latest cancellation information.

All classes are offered for 55 minutes unless otherwise denoted and are taught to varying levels of fitness.

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 in Republic

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Facility Operations Manager: Sherri Roberts

CoxHealth Fitness Centers in Republic is open 24 hours a day, 7 days a week for CoxHealth Fitness Centers members.

Republic Kids Club Hours:
Mon – Fri: 8am–11am, *4pm–8pm
Saturdays: 8am–12pm
Friday (evenings only) 4pm–7pm

