



## CoxHealth Fitness Centers at Cox North Group Exercise Class Schedule

### MONDAY

9:00am **Silver Sneakers**  
3rd floor classroom, Nancy

### TUESDAY

5:30pm **Spinning\***  
Cycle Studio, Sheryl

### WEDNESDAY

9:15am **Silver Sneakers (45-min)**  
3rd floor classroom, Phyllis

### THURSDAY

9:00am **Silver Sneakers Stability Training (45-min)**  
3rd floor classroom, James

5:30pm **Lift and Learn**  
3rd floor classroom, Mark

### FRIDAY

9:00am **Simple Stretch (45 min)**  
3rd floor classroom, James

**Lift and Learn** - A total body workout that incorporates trivia competition in-between exercises.

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

**Silver Sneakers Stability Training** - Improve your balance and strength with this class. Movements focus on strengthening the ankle, knee and hip joints, while improving reaction time.

**Simple Stretch** - A gentle 45-minute total body stretching class focusing on decreasing stiffness and increasing range of motion and flexibility by way of various stretching techniques and the use of exercise bands and tubing.

**Spinning\*** - Torch calories in this cardiovascular group cycling class as you control your own resistance through a series of drills (sprints, climbs, cadence, etc.). Specialized Spinning bikes are used to feel more like a real bike (with clip in pedals if needed) and is a great class for any fitness level.

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

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

\*Paid 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.

 — This symbol denotes a free class to the community.

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!

**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 at Cox North will be held 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 us for the latest cancellation information.

All classes are offered for 55 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.

**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.

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## **CoxHealth Fitness Centers at Cox North**

**1423 N Jefferson Ave, Springfield MO 65802**

Phone: 417-269-8800 Email: [coxfitnesscenters@coxhealth.com](mailto:coxfitnesscenters@coxhealth.com)

**CoxHealth Fitness Centers at Cox North** is open 24 hours a day,  
7 days a week for CoxHealth Fitness Centers members.

**Facility Operations Manager:** Tony Stokes

