



# CoxHealth Fitness Centers at The Meyer Center Senior Friendly Class Schedule Effective May 6, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00a <b>Lifetime Fitness</b> (45-min) Studio 1, Angie	8:00a <b>Simple Stretch</b> (45-min) Conf. B, Phyllis	8:00a <b>Cardio &amp; Strength</b> Studio 2, Jodell	8:30a <b>Sculpt &amp; Splash</b> Angie	8:00a <b>Simple Stretch</b> (45-min) Conf. B, Angie
8:00a <b>Cardio &amp; Strength</b> Studio 2, Jodell	8:00a <b>Sculpt &amp; Splash</b> Cyndie	8:00a <b>Simple Stretch</b> (45-min) Conf. B, Phyllis	8:00a <b>Dance Aerobics</b> Studio 2, Glenn (45-min)	8:00a <b>Cardio &amp; Strength</b> (45-min) Studio 2, Glenn
8:30a <b>Gentle Yoga</b> Conf. B, Mollie	9:00a <b>Lifetime Fitness</b> Studio 2, Elena	9:00a <b>Beginning Tai Chi</b> Studio 1, Scott	9:00a <b>Lifetime Fitness</b> Studio 2, Elena	9:00a <b>Aqua Tai Chi</b> (45-min) Mollie
10:00a <b>Beginning Yoga</b> Conf. B, Marilyn	9:00a <b>Aqua Tai Chi</b> (45 min) Mollie Warm Water Pool	10:45a <b>Latin Dancing</b> (45-min) Bball Court, Elena	9:00a <b>Jiangan</b> Conf. B Scott	9:00a <b>Wellness for Warriors</b> Conf. A, Rotating Ins.
1:00p <b>Silver Sneakers</b> (45-min) Studio 2, Joey	10:00a <b>Aquatics for Arthritis</b> Joey	1:00p <b>Silver Sneakers</b> (45-min) Studio 2, Aracelli	9:00a <b>Wellness for Warriors</b> Conf. A, Rotating Ins.	1:00p <b>Silver Sneakers</b> (45-min) Studio 2, Phyllis
	10:15a <b>Parkinson's Cycling*</b> (30-min) Cycling Studio, Sheryl	4:00p <b>Beginning Tai Chi</b> Conf. B, Chuck	10:00a <b>Aquatics for Arthritis</b> Aracelli	
	12:00p <b>Wellness 101</b> Conf. A, James Davis	5:15p <b>Yoga for Rehab</b> Conf. A, Melissa	10:15a <b>Parkinson's Exercise Class</b> Conf. A, Marilyn	
	12:30p <b>Beginning Line Dancing</b> (45 min) Bball Court, Aracelli	5:30p <b>Beginning Tai Chi</b> Conf. B, Chuck	10:30a <b>Gentle Yoga</b> Conf. B, Phyllis	
	1:00p <b>Parkinson's Therapy Class</b> Conf. B, Mollie		12:00p <b>Restorative Yoga</b> Conf. B, Mollie	
	2:15p <b>Silver Sneakers Yoga</b> (30-min) Conf. B, Joey		12:30p <b>Beginning Line Dancing</b> (45-min) Bball Court, Aracelli	
	3:00p <b>Arthritis Class</b> Conf. B, Phyllis		2:15p <b>Silver Sneakers Yoga</b> (30 min) Conf. B, Mollie	
			3:00p <b>Arthritis Class</b> Conf. B, Phyllis	

**Group Exercise Manager:**  
Nancy Propst • e-mail: nancy.propst@coxhealth.com  
**Mind & Body Coordinator:**  
Mollie Estes • e-mail: mollie.estes@coxhealth.com  
**Group Exercise Coordinator:**  
Joey Johns • e-mail: joey.johns@coxhealth.com

Pool Class

Free Class to the Community

Paid Classes run in 8-week sessions, registration is required.

Please note that classes and instructors are subject to change without notice.  
Unless otherwise annotated with symbols all classes are free.

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.

**Paid classes occur in 8-week sessions. Free classes are ongoing.**

**Aqua Tai Chi** (45-min.) – Improve balance, coordination and mental focus with graceful, fluid movements with the benefit of balance in the warm water pool. No Tai Chi experience necessary. Class takes place in the Warm Water pool.

**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.

**Arthritis Class** - This class is designed for individuals with Arthritis and other joint issues. Range of motion exercises, muscular strength, and some light cardiovascular training will be implemented.

**Beginning Line Dancing** - Ballroom dance styles taught in a line dancing format (no partner necessary).

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

**Beginning Yoga** - Focuses on gentle stretching, breathing, relaxing and de-stressing techniques. This class is appropriate for people with arthritis, fibromyalgia and other conditions that require light resistance levels.

**Beginning Zumba** - Move to the beat at your own speed. This invigorating, dance-fitness class provides modified, low-impact moves and easy-to follow pacing for adults who love a healthy, active lifestyle.

**Cardio Express** - Low impact aerobics class without intricate choreography so you can focus on getting a great cardiovascular workout!

**Gentle Yoga** - A healing and therapeutic form of yoga with gentle stretching and calming breath practice. This class can be modified by using a chair.

**Intro Classes** - Learn the fundamentals and basics of these paid classes to get familiar with the movements.

**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.

**Lifetime Fitness** - A light cardio conditioning and muscle toning/strengthening class that also incorporates balance training with exercise tubing & bands, weights, and balls.

**Parkinson's Cycling\*** - Stationary cycling has been shown to reduce the symptoms of Parkinson's disease. This class is sponsored by the Parkinson's Group of the Ozarks. It is a low intensity class lasting no longer than 30 minutes. Caregivers are encouraged to come and even participate

**Parkinson's Exercise Class** - A mild exercise class based on movements for those with Parkinson's disease and caretaker(s).

**Parkinson's Therapy Class** - Therapeutic exercises to assist those with Parkinson's and other neurological issues. Wii Video Games for balance and coordination are also used in this fun and friendly environment.

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

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

**Silver Sneakers Yoga** - Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Suitable for nearly every fitness level.

**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 bands, chairs and other props.

**Wellness 101**– Topics, discussions, and activities that are evidence-based strategies for promoting well-being and health. Examples include sleep quality, fitness effects, brain health and growth, relaxation strategies, healing and resilience, and much more.

**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 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.

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.

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

**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.

**Pool Orientation recommend for new members, see front desk for more information.**



**Paid Class - Fee applies**  
**Member cost—\$25 per session/Non-member \$65**



**Water Class - Pool Class**



**Free Class to the Community**

**CoxHealth Fitness Centers at The Meyer Center**  
3545 S National Ave, Springfield MO 65807  
Phone: 417-269-3282 Email: [coxfitnesscenters@coxhealth.com](mailto: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

