



# CoxHealth Fitness Center Branson Class Schedule Effective May 1st, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:15a <b>Balance + Breath</b> Aerobics Room, Anna	6:00a <b>Indoor Cycling</b> Spin Room, Devra	7:15a <b>Boot Camp</b> Varying Locations, Anna	6:00a <b>Indoor Cycling</b> Spin Room, Devra	7:15a <b>Strength and Stability</b> Aerobics Room, Anna	<p><b>Free classes are continuous, and are free for fitness center members only. No registration required.</b></p> <p><b>All class participants must be 12 years of age or older, unless denoted differently on the individual class flyer.</b></p> <p>All classes are available for \$8 day pass or <b>\$30 class pass</b> for the month</p> <p>Please note that classes and instructors subject to change without notice.</p>
8:30a <b>Yoga</b> Aerobics Room, Pam	8:15a <b>Yoga</b> Aerobics Room, Pam	8:30a <b>Yoga</b> Aerobics Room, Pam	8:15a <b>Yoga</b> Aerobics Room, Pam	8:15a <b>Yoga</b> Aerobics Room, Pam	
9:30a <b>Lite Yoga</b> Aerobics Room, Pam	9:00a <b>Fit</b> Aerobics, Pam	9:30a <b>Lite Yoga</b> Aerobics Room, Pam	9:00a <b>Fit</b> Aerobics, Pam	9:00a <b>Core and More</b> Aerobics Room, Pam	
10:45a <b>Senior Groove</b> <small>new</small> Aerobics Room, Anna	9:45a <b>Lite Yoga</b> Aerobics Room, Pam	10:45a <b>Senior Groove</b> <small>new</small> Aerobics Room, Anna	9:45a <b>Lite Yoga</b> Aerobics Room, Pam	9:45a <b>Lite Yoga</b> Aerobics Room, Pam	
5:30p <b>Gentle Yoga and Stretch</b> Aerobics Room, Mary Ann	10:45a <b>Senior Fitness</b> Aerobics Room, Melody	5:30p <b>Gentle Yoga and Stretch</b> Aerobics Room, Mary Ann	10:45a <b>Senior Fitness</b> Aerobics Room, Melody	10:45a <b>Senior Fitness</b> Aerobics Room, Anna	
10:45a <b>Senior Fitness</b> Aerobics Room, Anna			2:30p <b>Gentle Yoga and Stretch</b> Aerobics Room, Mary Ann		

**Balance + Breath** - This is a slower paced, low impact workout, great for anyone looking to improve their balance. This workout incorporates breath work with static holds and dynamic balance moves, as well as core strengthening exercises. Great for beginners and chair modifications are available.

**Boot Camp** - This class is a full body workout that incorporates the use of steps, dumbbells and medicine balls. Track your progress weekly with AMRAP's (As Many Reps As Possible). This is the perfect class for people wanting to build muscle and stamina.

**Core and More** - This class focuses on working the core using weights, bands, balls, and body weight. This class does involve getting one the floor and using a mat. Modifications will be available.

**FIT** - Warming up with low impact cardio, this is a strengthening and toning class for all levels of ability. Focusing on one muscle group at a time using dumbbells, barbells, or bands.

**Gentle Yoga and Stretch** - Standing & Seated Yoga Poses and Stretching. Improves flexibility, increases muscle strength and tone, helps to improve sleep and ease tension.

**Indoor Cycling** - Challenge your individual fitness level in a fun group atmosphere. Learn cycling techniques to increase efficiency in pedal stroke and speed while improving your cardiovascular health and strength.

**Lite Yoga** - A safe and effective approach to help maintain an active lifestyle, improve balance, increase muscular strength and range of motion through a variety of seated and standing yoga poses and stretches.

**Senior Fitness** - This class is designed to help seniors maintain strength, flexibility, and independence with a variety of standing and seated exercises. This class will promote easy to follow balance, posture, core and strength exercises using light weight dumbbells, balls, and resistance bands.

**Strength & Stability** - This class blends strength exercises with balance holds.—No high impact or jumping moves-

**Yoga** - Intermediate level yoga with modified poses for beginning students and offers more challenging poses for more advanced students. Core work will be incorporated to help improve core strength and stability.

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.

Our Studio Etiquette guidelines are designed so all members experience a successful, safe and enjoyable workout. Thank you for your cooperation.

- We suggest arriving 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 45 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 Center members.**

---

**CoxHealth Fitness Center Branson**  
1500 Branson Hills Parkway Branson, MO 65616  
Phone: 417-348-0060

**Fitness Center Hours:**  
Mon – Fri: 5am – 8pm  
Saturday: 8am – 5pm  
Sunday: 12pm – 5pm

