

#### MONDAY

6:35a	<b>Intro to Cycling</b> (30-min) Cycling Studio, Aracelli
8:00a	<b>Lifetime Fitness</b> (45-min) Studio 1, Angie
8:00a	<b>Cardio &amp; Strength</b> Studio 2, Jodell
9:00a	<b>Step Express</b> (45-min) Studio 1, Angie
9:15a	<b>POUNDFit: The Rockout Workout</b> Studio 2, Joey
9:45a	<b>Ab Blast</b> (15-min)  Bball Court, Cyndie
10:00a	<b>Group Strength</b>  Bball Court, Cyndie
11:25a	<b>Group Strength Express</b> (30-min) Studio 2, Phyllis
12:00p	<b>Dance Aerobics</b> (45-min) Studio 2, Phyllis
12:00p	<b>Body Shock Express</b> (45-min)  Bball Court, Greg
1:00p	<b>Silver Sneakers</b> (45-min) Studio 2, Joey
4:30p	<b>Step Express</b> (45-min) Studio 1, Gretchen
4:30p	<b>Group Strength Express</b> (45 min)  Bball Court, Cyndie
5:00p	<b>Intro to Yoga</b> (30-min) Studio 2, Jodell
5:30p	<b>Group Strength</b>  Bball Court, Vic
5:30p	<b>RIP</b> Studio 1, Aracelli
5:30p	<b>Ab Blast</b> (15-min) Studio 2, Jodell
6:35p	<b>Winter Shred</b> Studio 1, Zoe

#### TUESDAY

6:15a	<b>Boot Camp Express</b> (45-min)  Bball Court, Steve
8:00a	<b>Simple Stretch</b> (45-min) Conf. B, Phyllis
9:00a	<b>Lifetime Fitness</b> Studio 2, Elena
9:00a	<b>RIP</b> Studio 1, Aracelli
10:15a	<b>Parkinson's Cycling</b> (30-min)  Cycling Studio, Sheryl
12:00p	<b>Relaxation Techniques</b>  Conf. A, James Davis
12:30p	<b>Beginning Line Dancing</b> (45-min) Bball Court, Aracelli
1:00p	<b>Parkinson's Therapy Class</b>  Conf. B, Mollie
2:15p	<b>Silver Sneakers Yoga</b> (30-min) Conf. B, Suzy
3:00p	<b>Arthritis Class</b>  Conf. B, Phyllis
5:00p	<b>Ab Blast</b> (15-min)  Bball Court, Gretchen
5:30p	<b>Step Express</b> (45-min) Studio 1, Laura
5:30p	<b>Body Shock</b>  Bball Court, Gretchen
6:00p	<b>Intro to Yoga</b> (30-min) Conf B, Aracelli

#### WEDNESDAY

6:00a	<b>Group Strength</b> (45-min) Studio 1, Phyllis
8:00a	<b>Cardio &amp; Strength</b> Studio 2, Jodell
8:00a	<b>Simple Stretch</b> (45-min) Conf. B, Phyllis
9:00a	<b>Ab Blast</b> (15-min)  Bball Court, Vic
9:15a	<b>Group Strength</b>  Bball Court, Vic
10:15a	<b>Ballet Boot Camp</b> (45-min) Studio 1, Cindy
10:45a	<b>Beg. Zumba</b> (45-min)  Bball Court, Elena
12:00p	<b>Dance Aerobics</b> (45-min) Studio 2, Gretchen
12:00p	<b>Boot Camp Express</b> (45 min.)  Bball Court, Aracelli
1:00p	<b>Silver Sneakers</b> (45-min) Studio 2, Aracelli
5:00p	<b>Intro to Yoga</b> (30-min) Studio 2, Jodell
5:30p	<b>HIIT</b> Studio 2, Jodell
5:30p	<b>RIP</b> Studio 1, Angie

Group Exercise Manager:  
**Nancy Propst**  
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Mind & Body Coordinator:  
**Mollie Estes**  
e-mail: mollie.estes@coxhealth.com

#### THURSDAY

6:15a	<b>Boot Camp Express</b> (45-min)  Bball Court, Steve
8:00a	<b>Lifetime Step Express</b> (45-min)  Elena, Studio 2
9:00a	<b>Wellness for Warriors</b> Conf. A  Rotating Instructors
10:05a	<b>DanceFit and Strength</b> (45-min)  Angie, Studio 1
10:15a	<b>Parkinson's Exercise Class</b>  Conf. A, Marilyn
11:15a	<b>POUNDFit: The Rockout Workout</b> (45-min) Studio 2, Joey
12:05p	<b>Intro to Yoga</b> (30-min) Studio 2, Joey
12:30p	<b>Beginning Line Dancing</b> (45-min) Bball Court, Aracelli
2:15p	<b>Silver Sneakers Yoga</b> (30-min)  Conf. B, Mollie
3:00p	<b>Arthritis Class</b>  Conf. B, Phyllis
4:30p	<b>Group Strength Express</b> (45-min)  Bball Court, Cyndie
5:00p	<b>Step Express</b> (30-min) Studio 1, Nancy
5:30p	<b>Group Strength</b>  Bball Court, Gretchen
6:35p	<b>Winter Shred</b> Studio 1, Zoe

#### FRIDAY

5:30a	<b>RIP Express</b> (30-min) Studio 1, Nancy
6:00a	<b>Ab Blast</b> (15-min) Studio 1, Nancy
8:00a	<b>Simple Stretch</b> (45-min) Conf B, Angie
8:00a	<b>Cardio &amp; Strength</b> Studio 2, Suzy
9:00a	<b>Total Body Sculpting</b>  Bball Court, Angie
10:15a	<b>Intro to Pilates</b> (30-min) Studio 2, Cyndie
12:00p	<b>Body Shock Express</b> (45-min)  Bball Court, Greg
12:00p	<b>Dance Aerobics</b> (45-min) Studio 2, Phyllis
1:00p	<b>Silver Sneakers</b> (45-min) Studio 2, Phyllis

#### SATURDAY

9:00a	<b>Step Express</b> (45-min), Studio 2 Rotating Instructors
10:00a	<b>RIP</b> Studio 1, Johanna
10:15a	<b>Parkinson's Cycling</b> (30-min)  Cycling Studio, Sheryl
12:00p	<b>Intro to Taekwondo</b> (for ages 8 & older) Conf. B, Chuck

**DanceFit**  
November 18th & December 9th  
11:00 a.m. • Studio 2  
Aracelli 

**Classes are continuous, and are free for fitness center members only. No registration required.**

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

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

 Community drop-ins are available for \$5/class. Bring your friends and have even more fun!

 Free class to the community.

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

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.

**Ab Blast** -15 minutes of the best abdominal exercises to strengthen and tone your mid-section.

**Arthritis Class** - This class is designed for individuals with Arthritis. The class will implement range of motion exercises, education on arthritis, and some light cardiovascular training.

**Ballet Boot Camp** - (Ages 12+) Develop long, lean muscles like a dancer. Class will incorporate the principles of ballet into strength training exercises, working all major muscle groups. Learn how to use a ballet bar, balls, & light weights. No experience required.

**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.

**Body Shock** - A mental and physical experience for anyone that is striving to be in the best shape of their lives. The workout of the week uses weights and body weight exercises in a high intensity circuit style format scaled to your fitness level.

**Boot Camp Express** - Our indoor boot camp is a combination of strength, cardio, muscle endurance, flexibility, core and functional movement patterns. You get everything you need!

**Cardio & Strength** - Enjoy the simple, basic low impact fun of cardio and strength. The first half of class will be cardio and the second half will focus on strength.

**Dance Aerobics** - A 45-minute low impact floor aerobics workout. Cardio only, no weights.

**DanceFit** - If you are looking for a high energy class full of fun dance moves and great music, this is a fantastic class for you. Whether you're a workout guru or new to the world of fitness, this class has something for everyone. Grad your tennis shoes and water bottle and join us once a month!

**DanceFit and Strength** - 30 minutes of a high energy class full of fun dance moves and 15 minutes of strength.

**Group Strength** - A total body workout using weights, resistance tubing and bands, and other strengthening & toning exercises.

**Group Strength Express** - 45-minutes of the group strength class (above) that you love!

**HIIT (High Intensity Interval Training)** - This class is an enhanced form of interval training following an exercise strategy alternating periods of short intense anaerobic exercise with less intense recovery periods, ending with ab training.

**Intro Classes** - Learn the fundamentals and basics of these paid classes to get you started.

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

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

**Beginning Line Dancing** - A fun and easy to follow line dance class combining high-energy and a variety of motivating music. Enjoy oldies, country, rock and pop. No experience necessary.

**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. Registration is done through Harry Beckett.

**Parkinson's Exercise Class** - A mild exercise class based on movements for those with Parkinson's disease & 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.

**POUND Fit: The Rockout Workout** - Channel your inner performer and rock your body with this modern-day fusion of movement and music. Drum along to a slammin' soundtrack using drumsticks. This class will be an intense, fat burning, full-body interval workout.

**Relaxation Techniques** - Learn recovery techniques for health and performance, and ways to de-stress from Sports Psychologist, James Davis. Feel free to bring your own food to this lunch & learn style class! No gym clothes required.

**RIP** - Total body, muscle conditioning class utilizing high REPETITION, with low to medium weights. Alternate between large and small muscle groups to increase INTENSITY of each muscle group with POWER moves.

**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** - 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. This class is 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 exercise bands and tubing.

**Step Express** - A straightforward step class that tones and works the whole body.

**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.

**Winter Shred** - A total body workout that includes aerobic conditioning, strength, balance and agility.

**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.

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#### 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

