

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

Aqua Tai Chi (45-min.) – Improve balance, coordination and mental focus with these graceful, fluid movements with the added benefit of balance in the warm water pool.

SWIM LESSONS:

Private Swim Lessons (30 min.) – Designed for those who want individual attention or for families with busy schedules. Goals will be established for each individual. Available to members and non-members, ages 18 months up to adults.

Appointments will be held at any time and in either the lap pool or warm water pool. Please check with the front desk or call our Aquatics Coordinator at 269-5384 for rates and appointment times.

Warm Water Pool Info and Rules:

- The warm water pool is 20x20 feet, is 4 feet deep and kept at 92°F
- Participants must shower with soap before entering the pool. Lotions, oils and dirt can compromise the clarity/cleanliness of the pool.
- Lifeguard not on duty.
- No diving anywhere in the pool. No running or rough play.
- No public displays of affection.
- Spitting or blowing the nose in the pool area is prohibited.
- Long hair must be pulled back and secured.
- Approved swimwear only. Must be in good condition, lined and with no transparency. Two-piece swimwear is allowed if an athletic style.
- No cut-offs or jean shorts. No tennis shoes in the pool. Only aquatic exercise shoes are allowed.
- Approved personal pool equipment is allowed if it is for aquatic fitness or safety.
- Individuals can bring their own swimming equipment.
- The therapy pool is for rehabilitation and mild exercise only. If the swim lift is needed, staff must provide initial instruction in proper operation.
- Pools close 30 minutes before facility closing.

All classes are offered for 50 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.

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.

Group Exercise Manager:
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CoxHealth Fitness Centers at The Meyer Center
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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

