



CoxHealth Fitness Centers at The Meyer Center Senior Friendly Class Schedule Effective November 6th, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00a Lifetime Fitness (45-min) Studio 1, Angie	8:00a Simple Stretch (45-min) Conf. B, Phyllis	8:00a Cardio & Strength Studio 2, Jodell	8:00a Sculpt & Splash Angie	8:00a Simple Stretch (45-min) Conf. B, Angie
8:00a Cardio & Strength Studio 2, Jodell	8:00a Sculpt & Splash Cyndie	8:00a Simple Stretch (45-min) Conf. B, Phyllis	8:00 Lifetime Step Express Studio 2, Elena (45-min)	9:00a Aqua Tai Chi (45-min) Mollie
8:30a Gentle Yoga Conf. B, Mollie	9:00a Lifetime Fitness Studio 2, Elena	9:00a Beginning Tai Chi Studio 1, Scott	9:00a Lifetime Fitness Studio 2, Elena	9:00a Aqua Tai Chi (45-min) Mollie Warm Water Pool
10:00a Beginning Yoga Conf. B, Marilyn	9:00a Aqua Tai Chi (45 min) Mollie Warm Water Pool	10:45a Beg. Zumba (45-min) Bball Court, Elena	9:00a Jiangan Conf. B Scott	10:00a Beginning Yoga Conf. A Marilyn
1:00p Silver Sneakers (45-min) Studio 2, Joey	10:00a Aquatics for Arthritis Aracelli	1:00p Silver Sneakers (45-min) Studio 2, Aracelli	9:00a Silver Splash Angie	1:00p Silver Sneakers (45-min) Studio 2, Phyllis
	10:15a Parkinson's Cycling* (30-min) Cycling Studio, Sheryl	4:00p Beginning Tai Chi Studio 1, Chuck	9:00a Wellness for Warriors Conf. A, Rotating Ins.	
	12:00p Relaxation Techniques Conf. A, James Davis	5:15p Yoga for Rehab Conf. B, Melissa	10:00a Aquatics for Arthritis Aracelli	
	12:30p Beginning Line Dancing (45 min) Bball Court, Aracelli		10:15a Parkinson's Exercise Class Conf. A, Marilyn	
	1:00p Parkinson's Therapy Class Conf. B, Mollie		10:30a Gentle Yoga Conf. B, Mollie	
	2:15p Silver Sneakers Yoga (30-min) Conf. B, Suzy		12:00p Restorative Yoga Conf. B, Mollie	
	3:00p Arthritis Class Conf. B, Phyllis		12:30p Beginning Line Dancing (45-min) Bball Court, Aracelli	
			2:15p Silver Sneakers Yoga (30 min) Conf. B, Mollie	
			3:00p Arthritis Class Conf. B, Phyllis	
			6:00p Restorative Yoga Studio 2, Sherry	

Group Exercise Manager:
Nancy Propst • e-mail: nancy.propst@coxhealth.com
Mind & Body Coordinator:
Mollie Estes • e-mail: mollie.estes@coxhealth.com
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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. The class will implement range of motion exercises, muscular strength, and some light cardiovascular training.

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.

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.

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

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.

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.

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

Sculpt & Splash - Medium to high impact water aerobics that use cardio and weights to create a high metabolism boost.

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 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

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

