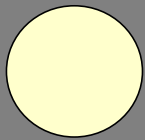


# Group Fitness Class Schedule July 2010

Springfield Racquet & Fitness Center



## Full Moon Frolic

### Moon Light Aquasize Class

Sunday July 25 11:00pm

For details and registration,  
stop at the main front desk

### Monday

5:45am	<b>X</b>		Mark
9:00		Just Fall in LOVE with it	Pam
9:30		Deep End Aqua 45	Greta
10:30		Aquasize	Greta
11:15		Still Got Moves 45	Linda
12:00pm		Hard Core 45	Linda
5:00		Cardio Kick 30	Lisa
5:30		Flex It	Brenda
5:30		Cycling 45	Lisa
7:00		Aquasize	Dana

Bring your friends to the *Free Guest Day*

## Zumba Party

July 12 6:30pm

### Tuesday

6:00am		Aquasize 45	Greta
6:00		Road Trip 45	Libby
9:00		Hard Assets 90	Pam
9:30		Poolside Yoga	Kelli
10:30		Aquasize	Christie
12:00pm		Circuit Cybex 45+	Kathryn
5:00		Shed 30	Angie
5:30		Cycling 45	Angie
5:30		Dance Party	Erin
7:00		Aquasize	Christie

### Wednesday

5:45am	<b>X</b>		Mark
9:00		Dance Party	Aimee
9:30		Deep End Aqua 45	Greta
10:15		Pilates 30	Kelli
10:30		Aquasize	Linda
11:15		Still Got Moves 45	Greta
5:00pm		Hard Core 30	Linda
5:30		Power Intervals	Lisa
5:30		Road Race 45	Libby
7:00		Aquasize	Dana

### Thursday

6:00am		Aquasize 45	Linda
6:00		Road Trip 45	Libby
9:30		Poolside Yoga	Kelli
10:30		Aquasize	Christie
12:00pm		Circuit Cybex 45+	Greta
5:30		Dance Party	Erin
5:30		Tour De Brenda 45	Brenda

### Friday

5:45am	<b>X</b>		Mark
9:00		Step in a Snap 30	Aimee
9:30		Deep End Aqua 45	Greta
9:30		Having a Ball 30	Aimee
10:30		Aquasize	Greta
11:15		Still Got Moves 45	Linda

## SPoga.....Spin & Power Yoga

July 9 & 23 5:00pm with BRENDA

### Saturday

8:00am		Yogaahh(cancel 7/17)	Michelle
9:00		Step-n-Sculpt	Aimee
10:00		Aquasize	Christie/Greta

## Hot Yoga

July 17 7:30am with LIBBY

No experience needed! And you will Sweat!

### Sunday

10:00		Hard Assets 90	Pam
11:00		Aquasize	Linda/Staff

Please Note:

\*Classes are 60 minutes unless denoted by time.

\*Class Instructors and Format are subject to change without prior notice.

\*Classes under 5 participants are subject to change or cancellation.

\*Classes may be held in the GF studio, cycle room, Fitness

**Aquasize** **What a great summer workout!** Done in chest high water, you don't even need to know how to swim. Get a total body workout that's both gentle and effective!

**DeepEnd Aqua** *Now 45 minutes long!* Time to get your noodle and get in the diving well. No pounding, just a good hard workout!

### **Cardio Workouts Burn those calories, get the heart a pumpin'!**

**CardioKick** If you like to kick, punch, jab, jump, squat, and sweat, try this energetic class. Lots of extra emphasis on your core!

**Step** Easy to follow patterns with fast feet intensity drills mixed in.

**Step In a Snap** A 30 minute step class that Aimee says will fly by *in a snap!* Come join her for basic/intermediate choreography and a great workout!

**Just Fall in LOVE with it!** Experienced steppers let Pam lead you into a high intensity/complex choreography step class. Go beyond the basics and ...just fall in LOVE with it!

**Step-n-Sculpt** This class alternates step with short sculpting intervals using a variety of weights, bands, and the ball. Your heart rate will remain in the cardiovascular state throughout the workout.

**Dance Party** If you love to dance...crave fun music...dance with the music videos...and want to smile through your workout, this Party is for you. There is moderate choreography, but after a few weeks, you'll be shakin' it like a pro!

**X EXTREME EXERCISE** You've seen the infomercials! Now do the workout!

**Circuit Cybex** The perfect workout for advanced and beginning exercisers. 45+ minutes of intervalled cardio and Cybex. This Cardio workout does it all!!! Plus the trainer adjusts the machines to your settings!

**Still Got Moves** Cardio, weights, and loads of fun for the 60+ exerciser. Ideal for those getting back in shape.

**Cycling** **This effective calorie burning class is for everyone. You choose your intensity and speed so you can work at your own level. Sign up at front desk to reserve your bike.**

**Tour De Brenda** Can't make it to France? Brenda won't let that stop you. Come have the ride of your life...up and down the mountains, speeding along the flats, and a sprint to the finish!

**Road Race** Put the pedal to the metal and ride!!

**Road Trip** Libby will take you on an effective but "leisurely" ride to fitness.

**Sculpting** **This workout is for those who want to reshape their body. A great alternative to the weight room.**

**Flex IT** with Brenda. She wants to see your muscles while you reshape your body. And because it's Brenda you know you're going to have fun while making new friends!

**Shed** ..those last few pounds with this high intensity class. Weights but more...body weight calisthenics and a dose of intensity bursts of cardio will kick your metabolism into high gear!

**Power Intervals** Tone and sculpt large and small muscle groups in intervalled sets. Let Lisa lead you through bursts of cardio to raise your heart rate and sets of weight lifting to give you the body you want!

**Hard Assets** 90 minutes to a Phabulous Physique! Pam promises a total body workout that sculpts, shapes, and tones! It's hard work so choose weights according to your fitness level. You can do it!

**Stability Ball** provides an effective, fun workout that challenges balance, coordination and core strength.

**Having a Ball** A total body workout focused on the core. Aimee says, "Come join us as we *have a ball!*"

**Hard Core** For all you workout athletes, there is a bit of healthy competition...you vs. the ball!

**Pilates** A matwork class that focuses on the abdominals and core. Think of it as an Ab class, but very specific movements. Great way to strengthen a bad back and work towards your six pack abs..

**aaaahhhhhh For a quieter workout**

**Yogaaahhh** What a way to begin or end a day!!!!

**Poolside Yoga** Take your yoga outdoors. Bring a mat and be prepared to enjoy your yoga practice in the sun and fresh air!