

Springfield Racquet & Fitness Center

March 2010 Fitness Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:10am Circuit Cyber 10:30am BOSU 5 6:00pm Sports Court Conditioning 5	2 12:00pm Circuit Cyber 11:00am & 4:00pm Cardio Inferno 5	3 9:10am Circuit Cyber 10:00am & 7:00pm Trekking 5	4 12:00pm Circuit Cyber 4:30pm BOSU 5	5 S	6 10:00am Golfing Fitness Tips 1:00pm Kid Fit 2:30 Agility Circuit Training
7	8 9:10am Circuit Cyber 10:30am BOSU 5 6:00pm Sports Court Conditioning 5	9 12:00pm Circuit Cyber 11:00am & 4:00pm Cardio Inferno 5	10 9:10am Circuit Cyber 10:00am & 7:00pm Trekking 5	11 12:00pm Circuit Cyber 4:30pm BOSU 5	12	13 10:00am Gardening Fitness Tips 1:00pm Kid Fit 2:30 Agility Circuit Training
14	15 9:10am Circuit Cyber 10:30am BOSU 5 6:00pm Sports Court Conditioning 5	16 12:00pm Circuit Cyber 11:00am & 4:00pm Cardio Inferno 5	17 9:10am Circuit Cyber 10:00am & 7:00pm Trekking 5	18 12:00pm Circuit Cyber 4:30pm BOSU 5	19	20 10:00am Golfing Fitness Tips 1:00pm Kid Fit 2:30 Agility Circuit Training
21	22 9:10am Circuit Cyber 10:30am BOSU 5 6:00pm Sports Court Conditioning 5	23 12:00pm Circuit Cyber 11:00am & 4:00pm Cardio Inferno 5	24 9:10am Circuit Cyber 10:00am & 7:00pm Trekking 5	25 12:00pm Circuit Cyber 4:30pm BOSU 5		27 10:00am Gardening Fitness Tips 1:00pm Kid Fit 2:30 Agility Circuit Training
28	22 9:10am Circuit Cyber 10:30am BOSU 5 6:00pm Sports Court Conditioning 5	30 12:00pm Circuit Cyber 11:00am & 4:00pm Cardio Inferno 5	31 9:10am Circuit Cyber 10:00am & 7:00pm Trekking 5			S denotes a small fee for program. Please check at front desk for rates and availability

Circuit Cybex The perfect workout for advanced and beginning exercisers. 45+ minutes of intervalled Cardio and Cybex training. This cardio workout does it all!!! Plus the trainer adjusts the machines to your settings!! **NO CHARGE**

BOSU BOSU is not just a trend, it is an effective tool in your workout regime. Balance, strength, endurance, and core strength!! Class size limited. **\$32 for 4 half hour classes.**

Sport Court Conditioning 1/2 hour of sports based conditioning to take your game or your workout to the next level! Held on the Basketball Court so you have room to run! Just **\$2 per class**. Take your receipt with you to get started.

Fitness Tips for Golfing and Gardening Get ready for your favorite spring activities!! Find out which exercises will make you stronger...which stretches will help the soreness...and general fitness tips to help you enjoy this spring! **NO CHARGE**

Treadmill Classes A limited size class that is similar to spinning. *Trekking* is the class that focuses more on changes in the elevation of the treadmill, with some speed work. *Cardio Inferno* is all about speed. 4 treadmills will be reserved for each class, more can be used if available. Immediately prior to a class, stop by the front desk. Just **pay \$2** and bring your receipt to class. This class may not be for you if you are not able to increase speed and elevation during a treadmill workout.

KidFit Time for the kids to have some fun and get fit!!! For ages 7-11. **Free with a Family Membership.** Non-family members children only \$3. Bring a friend!!! Non-member children only \$6..parent waiver form required.