

Springfield Racquet & Fitness Center

May 2010 Fitness Programs

Welcome to New Fitness Professionals!

Kelli Ehrenberger has just moved to Springfield from northeast Ohio. She is excited to share her Pilates training with the members of SR&FC. Contact Kelli to make appointments to learn more about the Pilates reformers. She will be also teaching matwork classes.

Welcome back Tim Huseman. Tim is looking forward to getting back into the gym and training the members of SR&FC. Tim played pro basketball in Australia where he also worked as a personal trainer.

Pilates Reformer

Please contact Kelli to get to know more about this effective workout method with proven results – *Get Strong & Lean!* Add strength & flexibility without bulk!

Personal training packages are available.

Circuit Cybex	Monday & Wednesday Tuesday & Thursday	9:10am 12:00pm	
Sports Court Conditioning	Monday & Wednesday	6:00pm	\$
BOSU	Monday Thursday	10:30am 4:30pm	\$ \$
Walleyball	Wednesday	6:30pm	
AB Lab	Thursday	6:00am-4:00pm	

\$ denotes a small fee for program. Please check at front desk for rates and availability.