



# Group Fitness Class Schedule

# Fall 2008

## Springfield Racquet & Fitness Center

November

**All CLASSES Are INCLUDED in MEMBERSHIP – See Our Fabulous NEW Spinning Studio!  
Get Toned to the Max with our NEW CHISLED Classes**

### Monday

6:00am	Studio Cycle	Libby
9:00	Challenge Step	Pam
9:10	Circuit Cybex	Elijah
10:15	Pilates	Kirsten
11:15	Still Got Moves	Linda
12:00pm	Fit Ball	Linda
5:00pm	Cardio Kick EXP	Teresa
5:30	<b>CHISLED</b>	Brenda
5:30	Studio Cycle	Wes/Lisa
6:30	Pilates	Kathleen
6:30	Studio Cycle	Brenda

### Tuesday

9:00am	<b>Ultra CHISLED</b>	Pam
10:30	Yoga	Kathleen
12:00pm	Circuit Cybex	Ryan
5:00pm	<b>CHISLED EXP</b>	Angie
5:30	<b>ZUMBA</b>	Julio
5:30	Studio Cycle	Angie
7:30	Yoga	Michelle

### Wednesday

6:00am	Studio Cycle	Libby
9:00	<b>ZUMBA</b>	Linda
9:10	Circuit Cybex	Ryan
10:15	Flow Yoga EXP	Majeeda
11:15	Still Got Moves	Linda
5:00pm	Fit Ball EXP	Kirsten
5:30	<b>CHISLED</b>	Wes
5:30	Studio Cycle	Lisa

### Thursday

9:00am	Cardio Kick	Aimee
10:30	Yoga - Lates	Kathleen
12:00pm	Circuit Cybex	Greta
5:00pm	Step EXP	Angie/Ter
5:30	<b>ZUMBA</b>	Julio
5:30	Studio Cycle	Brenda
7:30	Yoga	Michelle

### Friday

9:00am	Synergy EXP	Linda
9:30	Fit Ball EXP	Linda
10:00	Step EXP	Aimee
10:30	<b>CHISLED to the Core EXP</b>	Aimee
11:15	Still Got Moves	Ryan

### Saturday

8:00am	Yoga	Michelle
9:00	<b>ZUMBA</b>	Julio
10:00	WeekendWarrior	Pam

### Sunday

9:00am	Studio Cycle	Dana
9:00	Challenge Step	Pam
10:00	<b>Ultra CHISLED</b>	Pam

**Bring A Friend to Class!  
Call 787-2460 to  
Schedule a FREE Visit**

Please Note: Class Instructors and Format Subject to Change without prior notice.

# Class Descriptions



**CardioKick** If you like to kick, punch, jump, and sweat, try this energetic class.

**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.

**Fit Ball** The stability ball provides an effective, fun workout that challenges balance, coordination and core strength.

**Pilates** A matwork class that focuses on the abdominals and core. Great way to strengthen a bad back.

**CHISLED** This is the class for those who want to reshape their body. A great alternative to the weight room. **TO THE CORE** classes utilize balance and core training techniques to get you strong!

**ULTRA** classes are 90 minutes long.

**Step** Getting tired of the treadmill?...this is your class. Cardio plus balance, agility and coordination. **Challenge** classes have more complex choreography.

**Studio Cycle** This effective calorie burning class is for everyone. You choose your intensity and speed so you can work at your own level. SR&FC has a limited number of cycles that are on a first come first serve basis. Any bike that is not occupied when the music starts is available to those waiting.

**Yoga** De-stress as you practice this ancient exercise form. Great for flexibility, lowering blood pressure, and all fitness levels.

**Weekend Warrior** Boot Camp but Better!

**Zumba** If you like to dance...love latin music...want to see results . . . and want to try a new workout, ZUMBA is for you!

## Group Fitness Instructors

Julio Barrenzuela   Dana Brady   Brenda Cawley@   Aimee Culp@   Teresa DiStasio@   Wes Green@  
Greta Huseman\*   Lisa Leinegar@   Michelle Lowy@   Ryan Molohon\*   Libby Pyle   Linda Renehan@\*  
Kathleen Stevens@   Angie Thuma@   Pam Whitehead@   Kirsten Wright  
@fitness certified   \*PE degree

*The group exercise instructors of Springfield Racquet & Fitness Center are encouraged to design their classes utilizing their strengths and creativity. You may therefore find that classes of the same name are actually very different in structure. We invite you to try all classes and find one that best suits your needs and preferences*