

# Group Fitness Class Schedule MAY 2010

Springfield Racquet & Fitness Center



## Monday

5:45am	<b>X</b>		Mark
9:00	Just Fall in LOVE with it		Pam
9:10	Circuit Cybex	45+	Linda
11:15	Still Got Moves	45	Linda
12:00pm	Hard Core	45	Linda
5:00	Cardio Kick	30	Teresa
5:30	Flex It		Brenda
5:30	Cycling	45	Teresa
6:30	Yogaahh		Michelle

## Tuesday

6:00am	Road Trip	45	Libby
9:00	Hard Assets	90	Pam
9:30	Fresh Air Fit	45	Aimee
10:30	Yoga Flow		Kathleen
12:00pm	Circuit Cybex	45+	Linda
5:00	Shed	30	Angie
5:30	Cycling	45	Angie
5:30	Dance Party		Erin

## Wednesday

5:45am	<b>X</b>		Mark
9:00	Dance Party		Linda
9:10	Circuit Cybex	45+	Greta
10:15	Pilates	30	Greta
11:15	Still Got Moves	45	Greta
12:00pm	Ride & Ripped	45	Greta
5:00	Hard Core	30	Linda
5:30	Power Intervals		Lisa
5:30	Road Race	45	Libby
6:30	Yogaahh		Michelle

## Thursday

6:00am	Road Trip	45	Libby
9:30	Fresh Air Fitness	45	Greta
10:30	Yoga Core		Kathleen
12:00pm	Circuit Cybex	45+	Greta
5:00	Step	30	Teresa
5:30	Dance Party		Erin
5:30	Tour De Brenda	45	Brenda

## Friday

5:45am	<b>X</b>		Mark
9:00	Cardio Kick	30	Linda
9:30	Having a Ball	30	Aimee
10:00	Step in a Snap	30	Aimee
10:30	Synergy	30	Linda
11:15	Still Got Moves	45	Linda

## Saturday

8:00am	Yogaahh		Michelle
9:00	Saturday AM Spin	45	Teresa
9:00	Step-n-Sculpt		Aimee
10:00	GI Joe/ GI Jane		Pam

## Sunday

9:00am	Bikrum Biking	45	Dana
9:00	Learn 2 LOVE It		Pam
10:00	Hard Assets	90	Pam

# Dance Party

Sunday May 16

2:30pm  
with Erin

Please Note:

\*Classes are 60 minutes unless denoted by a time.

\*Class Instructors and Format 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 Studio, or Gymnasium.

## **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!

**Learn 2 LOVE it** Pam's up to it again! Two steps gives you more *2 love*. Learn the basics of double stepping in this moderately choreographed class.

**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 the rest of us!

**GI Joe/GI Jane** Are you *wo-man* enough to do it!? Boot Camp Basics...running, drilling, calisthenics, and conditioning

**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!

**Fresh Air Fitness** Fun, Energetic Movement!! It's *In The Gym* but it's outside too so be prepared for the weather. Be ready for a total body workout that is both traditional and quirky...FUN!!

**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.

**Bikrum Biking** That means it's hot! You have to work hard to earn the use of the fans!

**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!

**Saturday AM Spin** Teresa says "Get up, get your coffee, and get to the gym!"

**Ride & Ripped** A 30 minute class fused with a 15 minute ab segment.

**Ride!** A 30-minute class fused with Relax?

**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!!!!

**Yoga Flow** Kathleen will link asanas (basic yoga poses) with grace and movement guided through breath. Increased strength, flexibility, and balance are the outcomes. Classes are diverse and sequences vary.

**Yoga Core** Learn body awareness and proper posture while increasing core strength, overall flexibility and balance in this easy to follow along class which blends yoga poses with pilates moves.

**Synergy** Gentle movement and static stretching make you feel great for the rest of the day!!