

Springfield Racquet & Fitness Center

Group Fitness Class Schedule February 2012



Smart Phone Scan



SR&FC QR Code
Group Fitness Schedule

If you have a QR Code App, you can now scan this code into your smart phone and keep the Group Fitness Schedule with you at all times!!

Monday

5:45am	X		Mark
9:00	Circuit Cybex#	45+	Linda
10:00	Pilates Matwork	30	Linda
11:15	Lite Moves	45	Linda
12:00pm	Hard Core	45	Linda
5:00	Step	30	Brenda
5:30	Flex It!		Brenda

Tuesday

6:00am	Road Trip*	45	Libby
9:15	Balanced Strength	45	Linda
10:15	Yoga Flow		Kathleen
11:00	Fast Feet ^{for Tennis} ^	30	Linda
12:00pm	Circuit Cybex#	45+	Kelsey
5:30	Road to Fitness*	45	Kelsey
6:30	Fast Feet ^{for Tennis} ^	30	Kelsey
6:30	Yoga		Michelle

Wednesday

5:45am	X		Mark
9:00	Circuit Cybex#	45+	Linda
10:00	Dance Party		Linda
11:15	Lite Intervals	45	Linda
12:00pm	Lunch Bunch	30	Kelsey
5:00	Hard Core	30	Linda
5:30	Xcel		Kelsey

Thursday

6:00am	Road Trip*	45	Libby
9:15	Balanced Strength	45	Linda
10:15	Yoga Flow		Kathleen
12:00pm	Circuit Cybex#	45+	Linda
5:00	Step	30	Brenda
5:30	Tour De Brenda*	45	Brenda

Friday

5:45am	X		Mark
9:30	Hard Core	30	Linda
10:00	Step	30	Linda
10:30	Synergy	30	Linda
11:15	Lite Mix	45	Linda

SPOGA

SPIN AND POWER YOGA FUSION!!

February 15 5:00pm

Saturday

8:00am	Yoga		Michelle
9:00	Tour de Brenda	45	Brenda
10:00	Xcel		Kelsey

Sunday

9:00am	Ride-n-Ripped	60+	Dana
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SUPER BOWL PALOOZA

February 5 9:00am

Step, Sculpt, Cycle, Yoga, & BRENDA

Ride n Ripped cancelled for the day.

NOTES

- *Class Instructors and Format subject to change without prior notice.
- *Classes under 5 participants are subject to change or cancellation.
- *Classes are 60 minutes unless denoted by a time.
- *Classes may be held in the GE Studio, Cycle Room*, Fitness Center#, or Gymnasium^.

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

Step A 30 minute basic/intermediate choreography step class

X Let Mark kick your intensity up!!! A workout similar to the latest videos out today!

Dance Party If you love to dance...crave fun music..dance with music videos..and want to smile throughout your work out, this party is for you.

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!

Lite Mix Cardio, weights and loads of fun for the beginner or senior exerciser. Ideal for those getting back in shape. M/W/F each have their own focus.

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 the front desk to reserve your bike. **Tour De Brenda, Lunch Bunch, Road Trip, Ride-n-** ...each instructor will put their own *spin* on the class...

Sculpting Workouts These workouts is for those who want to re-shape 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 muscles and friends.

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

Balanced Strength Goal...Be strong while moving!! Use your whole body during every exercise.

-n-Ripped Power Cardio/Sculpt fused with a cycle class!! Get ready to breathe heavy!

Hard Core provides an effective, fun stability ball workout that challenges balance, coordination and core strength.

Pilates Matwork Use your own weight to challenge both your core. It's like an Abs class on steroids!!!

Aaahhh for a quieter workout

Yoga What a way to start 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.

Synergy Gentle movement and static stretching make you feel great and help to prevent injury!!

Fast Feet for Tennis

30 minutes of Plyometric, Speed and Agility Drills in the Gym

Don't play tennis, that's ok. Anyone may participate in this class.