

Courtsports Athletic Club

Group Fitness Fall Schedule

Eugene Club 541-687-2255

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		LIFT plus * Kay		LIFT plus * Kay		
8:00 am	PILATES Kay	SMART START Carol	CARDIObasic Dawnaelle	TAI CHI David	Stretch & Tone-D Carol	YOGA 8:30 Suzy/Steve
9:00 am	STEP Robyn	Zumba wks 1 & 3 Motion wks 2 & 4 Stacey	STEP Robyn	Hi/Lo-D2 9:00 Lift-D2 9:30 Carol	STEP/Weights Donna	KICKBOX 9:30 Carol
10:00 am	SilverSneakers® MSROM Kay	Senior YOGA Carol	Bones/Balance Peggy	SilverSneakers® MSROM Carol		LIFT10:30 Teri
11:30 pm		PARKINSON's Vicki		PARKINSON's Vicki		
12:10 pm	ZUMBA* Stacey		ZUMBA* Stacey		ZUMBA* Stacey	
5:30 pm	STEP-D Carol	YOGA Paul	S.W.E.A.T wks 1&3 Boot Camp wks 2&4 Ranel/Teri	YOGA Glen		
6:30 pm	CORE/LIFT Teri	NIA Michie	CORE/LIFT Teri	ZUMBA Michie		

Springfield Club 541-736-1167

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	CYCLE Kim	BOOTCAMP* 6am Starting 10/12	CYCLE Yan	BOOTCAMP* 6am Starting 10/12		
8:15 am	Bones/Balance Ranel	TAI CHI David	Stretch & Tone-D Ranel	NIA Michie	Bones/Balance Kay	CYCLE 9am Chantelle
9:30 am	CARDIO LIFT Ranel	PILATES Kay	CYCLE Plus Carol	POWER YOGA Steve	S.W.E.A.T Ranel	YOGA 10am Steve
10:30 am		SilverSneakers® MSROM Kay		SilverSneakers® MSROM Michie		
1:30 pm		PARKINSON's Vicki		PARKINSON's Vicki		Sunday
5:30 pm	CARDIO LIFT Christa	KICKBOX Carol	LIFT Michie	CYCLE Courtney		Beginning Salsa 5-6pm
6:30 pm	YOGALATES Christa	CYCLE Kim	CARDIO RHYTHM Ruby	YOGA Justine		Cuban Salsa 6-8pm

Classes meet for 1 hour unless otherwise specified. *Classes are 50 minutes long

KEY: *D* Classes will be DRUMMING 1st week of every month *D2* Classes will be DRUMMING 1st & 3rd week of every month

* additional cost and sign up – Contact Springfield club for details

Classes averaging fewer than 8 participants may be subject to change in format or cancellation

CLASS DESCRIPTIONS

BONES/BALANCE	Builds lower body strength and power, teaches balance, helps maintain bone density and prevent falls.
BOOT CAMP	Timed sports training-type cardio and endurance weights stations. Fast paced whole body workout.
CARDIO BASIC	Simplified low impact floor cardio workout with toning segments.
CARDIO RHYTHMS!	An energetic cardio based dance workout which incorporates strengthening, intervals and choreography geared for non-stop fun for all ages.
CORE CHALLENGE	10-15 minutes of exercise focused primarily on strengthening core muscle groups.
CYCLE	The ULTIMATE indoor biking experience combined with high energy music for extra motivation. Reserve a bike 2 days in advance at the Springfield service desk. CYCLE plus includes other exercise modes.
DRUMMING	Fun total body cardio workout. Drumming to the Oldies - designed for new exercisers & seniors, rotated with Friday's Stretch & Tone. Thunder Drums - an hour of high intensity cardio drumming, rotated with Hi/Lo and Monday evening Step.
HI/LO AEROBICS	A mixed impact floor aerobics class.
KICKBOX	Cardio Kickboxing is an aerobic class incorporating martial arts techniques and music. Participants have the option of partnering and working with target paddles.
LIFT	Functional free weight training to music. Beginners welcome.
MOTION	Power in Motion —This class combines gentle aerobic activity with yoga and core strengthening.
NIA	A rhythmic blend of martial arts, dance and muscle control set to music.
PARKINSON'S	This fun class aids balance, coordination, flexibility, nerve function, strength, endurance, gait/stride. Helps minimize symptoms of Parkinson's and other neuromuscular conditions.
PILATES	Mat Pilates promotes suppleness and core strength while strengthening & toning the body.
SilverSneakers®	<u>Muscular Strength & Range of Movement</u> Have fun and move to the music through a
MSROM	variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.
SALSA (Beg. Cuban)	Learn the basic steps of Cuban Salsa an energetic, social, street style of salsa danced in a "wheel" with several partners. No partner necessary. 2 hrs of social dancing after beginning class.
SMART START	Introduction to Group Exercise. Safe, supervised strength training class designed for people new to group exercise who find the idea of attending class a bit intimidating.
STEP	This cardio workout provides a variety of impact and intensity options using the Step. STEP & Weights adds weight lifting intervals to the class.
STRETCH & TONE	This class includes a variety of stretching and strengthening activities including yoga, stability ball and dumbbells.
S.W.E.A.T.	<u>S</u> pin/step, <u>W</u> eights, <u>E</u> xertion, <u>A</u> bs/core, <u>T</u> ough. A vigorous workout base on 20/10 inverted intervals, 20 second anaerobic intervals, 10 second recovery.
TAI CHI	A non-aggressive martial arts form using slow, smooth movement patterns to increase range of motion, flexibility, coordination, strength and balance.
YOGA	Promotes gentle stretching and builds strength through dynamic flows of postures, with an inward focus on breathing and relaxation techniques. Senior Yoga keeps the poses simple and uses chair support with floor option. Yogalates adds core elements from Pilates . Power Yoga is a vigorous vinyasa/flow style yoga emphasizing strength and endurance.
ZUMBA	An energetic, fun, FAST paced dance workout with exciting and unique Latin moves.