

Springfield Club	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	<b>CYCLE</b> <i>Jackie</i>	<b>F.I.T.</b> <i>Kim</i>	<b>CYCLE X</b> <i>Yan</i>	<b>HARD CORE</b> <i>Kim</i>			
8:15am	<b>BONES &amp; BALANCE</b> <i>Ranel</i>	<b>TAI CHI</b> <i>David</i>	<b>STRETCH &amp; TONE</b> <i>Ranel</i>	<b>RHYTHMIC FLOW</b> <i>Michie</i>	<b>BONES &amp; BALANCE</b> <i>Sandy</i>	<b>ZUMBA</b> <i>Kara</i> (8:25am)	
9:30am	<b>S.W.E.A.T.</b> <i>Ranel</i>	<b>PILATES</b> <i>Justine</i>	<b>CYCLE PLUS</b> <i>Teresa</i>	<b>POWER YOGA</b> <i>Nancy</i>	<b>S.W.E.A.T. 20/10 EXTREME</b> <i>Ranel</i>	<b>CYCLE</b> <i>Kim/Julia/Stephanie</i>	
10:30am	<b>ZUMBA</b> <i>Jesse</i>	<b>SilverSneakers® MSROM</b> <i>Don</i>		<b>SilverSneakers® MSROM</b> <i>Michie</i>		<b>YOGA</b> <i>Kathe</i>	
1:30pm	<b>BONES &amp; BALANCE BEGINNINGS</b> <i>Chuck</i>	<b>VIBRONICS</b> <i>Vicki</i>	<b>BONES &amp; BALANCE BEGINNINGS</b> <i>Ranel</i>	<b>VIBRONICS</b> <i>Vicki</i>			
5:30pm	<b>POWER CIRCUIT</b> <i>Megan</i>	<b>POWER YOGA</b> <i>Erin</i>	<b>POWER CIRCUIT</b> <i>Megan</i>	<b>YOGA</b> <i>Justine</i>			<b>BEGINNING SALSA</b> 5—6pm
6:30pm	<b>CORE CHALLENGE</b> <i>Marra</i>	<b>CYCLE</b> <i>Kim</i>		<b>CYCLE PLUS</b> <i>Teri</i>			<b>CUBAN SALSA</b> 6—8pm

Springfield classes meet for 55minutes unless otherwise specified.

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

\*Effective January 17, 2012



# Group Exercise Schedule

COURTSPO RTS SPRINGFIELD 541.736.1167

### Senior Classes

**Bones & Balance**—Designed to include weight bearing activities which encourage development of muscle strength and power as well as promote dynamic balance to help maintain bone density and prevent falls in older adults.

**Vibronics**—Are your movements misbehaving? Are your muscles misguided? Enhance your equilibrium of brain, body and nervous system with this class, structured to assist people with movement challenges (MS, Parkinson's etc).

**SilverSneakers® MSROM**—Muscular Strength & Range of Movement Have fun and move to the music through a 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.

**Stretch & Tone**—A variety of stretching and strengthening activities including yoga, dumbbells and stability balls.

### Mind & Body

**Core Challenge**—A class to challenge your mind and strengthen your core using the stability balls. Come expecting to increase strength, stamina, posture, balance, and joint stability, face fears and expand your body awareness and confidence.

**Pilates**—A system of mind-body exercise using breath work to strengthen without adding excess bulk, focusing primarily on core stabilization.

**Tai Chi**—A non-aggressive form of martial arts using slow, smooth movement patterns to increase range of motion, flexibility, coordination, strength and balance.

**Yoga**—A dynamic stretching and strengthening method which promotes flexibility and focuses on breath and relaxation.

### Dance

**Rhythmic Flow**—A rhythmic blend of martial arts, dance and muscle control set to music.

**Zumba**—An energetic, fun, FAST paced dance workout with exciting and unique Latin moves.

### Aerobic Classes

**Cycle**—The ULTIMATE indoor biking experience combined with high energy music for extra motivation.

\*Reserve a bike with the Service Desk up to 2 days in advance.

**Cycle Plus**—A high energy, all level indoor cycling class followed with core and stretching exercises set to energizing and fun music.

### Strength & Conditioning

**CycleX**—High energy indoor biking mixed with functional free weight and body weight strength training for the ultimate cross training workout.

**F.I.T.** (Functional Integrative Training) - A total body functional strength training class. Challenge muscular endurance, balance & coordination by moving through all planes of motion with multi-joint compound exercises.

**HardCORE**—An endurance based class that focuses primarily on strengthening and toning the core stabilizing muscles to increase performance and improve posture.

**Power Circuit**—A circuit based strength & conditioning class which incorporates interval training for a complete full body workout.

**Power Yoga**—A vigorous Vinyasa flow style yoga emphasizing strength and endurance.

**S.W.E.A.T.**—A vigorous full body workout which includes S-step, W-weights, E-endurance, A-abs, T-tough. S.W.E.A.T 20/10 EXTREME adds 8 rounds of 20-second anaerobic intervals with a 10-second recovery.



**Courtsports Springfield**

541.736.1167