

GROUP EXERCISE SCHEDULE

COURTSPTS SPRINGFIELD

Effective April 30th



STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	GROUP POWER® Dana	CYCLE Vanessa	GROUP POWER® Dana	CYCLE Vanessa	GROUP CORE®* Dana		
8:00am	BARRE FIT Jodi	YOGA Ariel	BARRE FIT Jodi	YOGA Ariel		ZUMBA® (8:15am) Gwynne	
9am	CYCLE Kim	GROUP POWER® Kelli R.	CYCLE Kelli R.	GROUP POWER® Kelli R.	CYCLE EXPRESS* Gwynne	GROUP POWER® (9:15am) Lindy	
					STRONG CORE®* Gwynne		
10am	ZUMBA® Jesse	INSANITY®/ FUNCTIONAL CORE Jodi	ZUMBA® Gwynne	INSANITY®/ FUNCTIONAL CORE Jodi	ZUMBA® Kara	CYCLE (10:15am) Kim	
11am		GOLDEN SLIPPERS Shelly		GOLDEN SLIPPERS Kelly L.			
5:15pm	CYCLE EXPRESS* Dana	GROUP POWER® Dana	CYCLE EXPRESS* Dana	GROUP POWER® Michie			
	GROUP CORE®* Dana		GROUP CORE®* Dana				
6:15pm			PIYO® EXPRESS* Dana	CYCLE Teri			

Classes meet for 55 minutes unless otherwise specified.

*Express Class: 30 minutes

GROUP EXERCISE CLASS DESCRIPTIONS



541.736.1167

www.courtsportsac.com

AEROBIC CLASSES

CYCLE - The ultimate indoor biking experience combined with high energy music for extra motivation. Reserve a bike up to 2 days in advance with the Service Desk.

CYCLE EXPRESS - Pack all of your favorite elements of an intense Cycle Class into 30 minutes! Reserve a bike up to 2 days in advance with the Service Desk.

INSANITY®/FUNCTIONAL Core® - This 30 minute Insanity class is combined with a 30 minute Functional Core class focused on core training coupled with functional mobility, pliability, and strength training

ZUMBA® - An energetic, fun, FAST paced dance workout with exciting and unique Latin moves.

MIND & BODY

YOGA - A physical, mental, and spiritual discipline. This class focuses on strengthening and toning, while promoting flexibility and movement all while working on breath control. This Yoga class is a low impact format perfect for all levels.

Have questions? Contact the Springfield Club at 541.736.1167 sam.denner@gmail.com.

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

SENIOR CLASSES

GOLDEN SLIPPERS - 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.

STRENGTH & CONDITIONING

GROUP POWER® - Group Power is *YOUR HOUR OF POWER!* Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best!

GROUP CORE® - Let's get Hard Core! Train like an athlete in 30 action-packed minutes. Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform - all to challenge you like never before.

BARRE FIT - Use a ballet barre, body weight and small hand weights along with tiny, controlled movements to isolate specific muscles. Prepare to increase muscle endurance and drip sweat!

PIYO® EXPRESS - A low impact 30 minute class to strengthen and tone muscles using flowing movements and dynamic sequences.

STRONG® CORE - A combination of isometric and explosive movements with a focus on core work that will burn big calories. Easy set up, just grab a mat!