

GROUP EXERCISE SCHEDULE

COURTSPTS SPRINGFIELD

Effective December 1st 2017



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	HATHA YOGA Ariel	BARRE FIT Jodi	YOGA Ariel		ZUMBA® (8:15am) Julie	
9am	CYCLE Kim	GROUP POWER® Tara	CYCLE Kelli	GROUP POWER® Kelli	CYCLE 45 Kim EXPRESS ABS Kim	GROUP POWER® (9:15am) Lindy	
10am	ZUMBA® Jesse	INSANITY®/ PIYO CORE Jodi	ZUMBA® Gwynne	INSANITY®/ PIYO CORE Jodi	ZUMBA® Kara	CYCLE (10:15am) Kim	
11am		GOLDEN SLIPPERS Shelly		GOLDEN SLIPPERS Laney			
5:15pm	CYCLE EXPRESS* Dana GROUP CORE®* Dana	GROUP POWER® Dana	CYCLE EXPRESS* Dana GROUP CORE®* Dana	GROUP POWER® Tara			
6:15pm	YOGA Nicole		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®/PIYO Core® - This 30 minute Insanity class is combined with a 30 minute PIYO class focused on building a strong core, flat, sculpted abs, and a strong back. Join us for the whole hour, or half, your choice!

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.

HATHA YOGA - Gentle stretching and strengthening, static poses to promote flexibility and relaxation.

Have questions? Contact the Springfield Club at 541.736.1167 or our Group Fitness Director Tara Riggins at tarakaylee@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.

EXPRESS ABS - 15 minutes of efficient abdominal exercises that work your entire core.