

# Springfield South Class Descriptions

**Aqua HIIT** - This is a high & low intensity class designed to improve cardio fitness, muscular strength & endurance. It is conducted in a more moderate pace with simple & effective exercises.

**Attack/Combat** - Two high energy fitness classes in a single hour. Attack combines athletic movements like running, lunging & jumping with strength exercises such as push-ups & squats. Combat is a martial arts inspired workout & is totally non-contact. No experience needed!

**BODYATTACK** - This is a high energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging & jumping with strength exercises such as push-ups & squats. The instructor will pump out energizing tunes & lead you through the workout - challenging your limits in a good way, burning up to 730 calories, and leaving you with a sense of achievement.

**BODYCOMBAT** - This is a full-body cardio workout that will target every muscle group. This class is great for getting an amazing workout & releasing a great amount of stress at the same time. It also supports coordination, agility & speed unlike many stationary or non-functional workouts.

**BODYFLOW** - In this class you'll work your mind & body! It offers an energizing blend of yoga with Tai Chi & Pilates to improve joint flexibility, increase core strength & lower stress. Ideal for anyone & everyone. Bodyflow is great for beginners & yogis alike. Even if you've never done yoga before, the instructor will show you all appropriate options to make the workout work for you.

**Boot Camp** - A high intensity circuit workout focusing primarily on functional movements & interval training. No previous experience required, and all fitness levels are welcome...but get ready to sweat!

**Core 30** - Sculpt a strong core - shoulders to hips - to improve athleticism, protect your back, & look & feel fit! This dynamic, 30 minute class will have you on your feet & the floor, challenging you with a variety of equipment & exercises!

**Group Power** - Group Power® will blast all your muscles with a 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! POWER UP! Getting Started

**Group Ride** - Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On! Getting Started

**KidFit** - Get your kids active through sports & fitness activities. Enthusiastic & caring coaches will help build confidence, emphasize teamwork, & be a catalyst for athletic interest & ability. Kids will have the opportunity to grow & learn in a positive environment through the KidFit program. Class formats vary by location, so please check with your location's Kids Club for the current schedule. Ages 5-11.

**Water Exercise** - An energizing aquatics class focused on increased flexibility and range of motion. This class includes cardio, strength, and core work. All levels are welcome.

**Yoga** - A mind, body, and spirit experience, appropriate for all levels, that incorporates strength, breathing, and meditative relaxation.

**Zumba** - This class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.