

Springfield South Class Descriptions

Aqua Intervals - Optimize your workout with both strength and cardio intervals using a work to rest ratio that will challenge any fitness level. Use the water as resistance to help you improve your cardiovascular fitness, strength, and endurance. Equipment may also be used to increase the intensity and the calorie burn.

BODYBALANCE™ 45 - Ideal for anyone and everyone, this shorter version of BODYBALANCE™ is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

BODYPUMP™ 30 - A 30 minute version of the popular BODYPUMP™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

BODYPUMP™ 45 - A 45 minute version of the popular BODYPUMP™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

LES MILLS SPRINT™ - LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put into a LES MILLS SPRINT™ workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.