



SPRFC What's Up

FEBRUARY 2012

www.sprfc.com

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<p><i>Sign-ups open for Spring Camp April 2nd-6th & April 9th</i></p>	<p><i>Coming in March Group Core! Get ready to get Hard Core!</i></p>	1 \$TRX\$ 10:15 am No \$Crossfit\$	2 10 AM Legs Workshop \$TRX\$ 12:30 pm No \$Crossfit\$	3 Circuit Challenge 8am/6pm Adults 5pm/5:30pm Kids \$TRX\$ 10:15 am Wallyball League 7 pm	4 9:15am 75 minute Loops Ride in the Pedal Pit	
5	6 \$Crossfit\$ 9am/2pm \$TRX\$ 10:15 am	7 \$Crossfit\$ 8:15am/6pm \$TRX\$ 12:30 pm 8pm Circuit Challenge	8 \$TRX\$ 10:15 am \$Crossfit\$ 9am & 2pm	9 10 AM Legs Workshop \$TRX\$ 12:30 pm GP Basics 9:30am \$Crossfit\$ 8:15a/6:30p	10 Circuit Challenge 8am/6pm Adults 5pm/5:30pm Kids \$TRX\$ 10:15 am Wallyball League 7 pm	11
12 9:30 am 75 minute Interval Ride in the Pedal Pit	13 \$Crossfit\$ 9am/2pm \$ TRX \$ 10:15 am	14 \$Crossfit\$ 8:15am/6pm \$TRX\$ 12:30 pm 8 pm Circuit Challenge Free Intro R-Ball Clinic 6:30-7:30pm	15 \$TRX\$ 10:15 am \$Crossfit\$ 9am & 2pm	16 10 AM Legs Workshop \$TRX\$ 12:30 p \$Crossfit\$ 8:15a/6:30p	17 Circuit Challenge 8am/6pm Adults 5pm/5:30pm Kids \$TRX\$ 10:15 am Wallyball League 7 pm	18 Bone Marrow Donor Drive Watch for details! 9:15 am 75 minute 60 Second Challenge Ride in the Pedal Pit
19	20 <i>Presidents Day!</i> \$Crossfit\$ 9am/2pm \$TRX\$ 10:15 am 	21 \$ Crossfit\$ 8:15am/6pm \$TRX\$ 12:30 pm 8 pm Circuit Challenge	22 \$TRX\$ 10:15 am \$Crossfit\$ 9am & 2pm	23 10 AM Legs Workshop \$TRX\$ 12:30 p \$Crossfit\$ 8:15a/6:30p	24 Circuit Challenge 8am/6pm Adults 5pm/5:30pm Kids \$TRX\$ 10:15 am Wallyball League 7 pm	25 10:30 am Intro to Spin In the Pedal Pit
26 9:30 am 75 minute Switchback Ride in the Pedal Pit	27 \$Crossfit\$ 9am/2pm \$TRX\$ 10:15 am	28 \$ Crossfit\$ 8:15am/6pm \$TRX\$ 12:30 pm 8 pm Circuit Challenge	29		TEEN FITNESS CLASSES: ZUMBA, TEEN SPIN, TEEN RESISTANCE TRAINING Brochure @ Front Desk	Kids Fitness Fridays 5:00 pm: Age 9-11 5:30 pm: Age 6-8

February 2012 Highlights

Junior Fitness — Check out our TEEN FITNESS CLASSES: Teen Zumba, Teen Spin, Teen Resistance Training— Pick up a brochure at the front desk for a schedule.



Aquatic Fitness Facility - Regular swimming builds endurance, strength and cardio fitness. It's great cross-training! Swimming offers psychological benefits. Get in the pool, let your mind wander as you glide along effortlessly...
Check out our winter schedule!



Fitness Trainers - Personal Trainers Free Workshops Thursdays at 10 am, Circuit Training Challenge Tuesdays at 8 pm. Check out TRX Training or Crossfit to ramp up your winter work-outs!



Group Fitness - New Barre Essential Classes are here! Wednesdays, 8am-8:30am, Thursdays, 8am-8:30am and 11:30am-12:30pm. **Group Basics Thursday, 2/9 at 9:30am.**

Coming in March Group Core, get ready to get *Hard Core!*



Racquetball and Wallyball - Check out the **FREE** racquetball clinic with VAL, our racquetball pro, Tuesday, 2/14 6:30 pm—7:30 pm
Wallyball Leagues Fridays at 7:30 pm! Join in the fun!



Spinning® - Into to Spin® Saturday, 2/25 at 10:30am. Questions contact Simone at simonesprfc@gmail.com. New to Spin®, arrive 15 minutes before the start of class and introduce yourself to the instructor and they will set you up and coach you all the way! Check out our special rides and extended rides. Bring your training in side! Pick up the Ride Profiles for details.



Save the date for our 10th Journey to Make a Difference benefiting The Cystic Fibrosis Foundation, Saturday, March 3rd 8:00am-12 noon. Join the Journey!