



## February 2012 Group Fitness Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		Pam		Jeanine			
7:30 AM	Power Pilates® Wendy			8:00-8:30 Barre Essentials-Jude	Power Pilates® Pam	Meditative Yoga Tom	
8:30 AM	 Rebecca F.	ZUMBA® Kathryn	 Joanie	Fat-Free Step Jude	ZUMBA® Kathryn/Laura	Fat-Free Step Lynne/Jude	Boot Camp Emily/Joanie
9:30 AM	Clubbin' Brian	 Laura	Clubbin' Jess	 Deb	Resist-a-Ball® Deb	 Rotate	
10:30 AM	Yoga Wendy	45 minutes Yoga Focus Laura	Power Pilates® Jude	Vinyasa Flow Leigh S.	Hatha Yoga Nanette	Clubbin' (80 min) Brian	
12:30 PM	 Rotate			11:30 am Barre Essentials Kathryn	 Jude		
4:30 PM	Teen Zumba 4:30 -5:00 pm	Barre Essentials Jude	Resist-a-Ball® Simone	Teen RTC 4:30 - 5:00 pm			 Rotate
5:30 PM	Fat-Free Step Jude	ZUMBA® Lynne	Insanity Emily	Fat-Free Step Lynne			
6:30 PM	 Emily	Boot Camp Joan	 Rebecca W.	Insanity Emily	6PM Happy Hour Groove Rotate		
7:30 PM	Core Control Mike	Clubbin' Brian	Meditative Yoga Holly	Clubbin'-Brian *Pilates-Mike		*Pilates class held in the spin room!	

Comments or Questions? E-mail Jude Biedenkapp, Group Fitness Coordinator: [Judesprfc@gmail.com](mailto:Judesprfc@gmail.com)



**SPRFC**

*Serving up the following:*

<b>Cardio Classes</b>	<b>Strength/Core/Alternative Classes</b>
<p><b>SPINNING</b> ® ~ The original indoor cycling classn based on authentic road riding &amp; training principles. Check the Ride Profiles &amp; Spin ® Schedule for more details. Sign up 30 minutes in advance &amp; Spin Specifics participation recommended.</p>	<p><b>Power Pilates</b> ® ~ instructors teach the exercises and principles created by Josphe Pilates through a classical, systematic and integrative approach. The method allows the body to heal, balance and change naturally through movement. It's all about awareness...</p>
<p><b>Clubbin' Cardio, ZUMBA &amp; Happy Hour Groove</b> ~ It's time to jam...to the hottest Club sounds. Let the grooves move you, the lights are down and the room is rockin'. It's dancin' mixed with squatin' 'n lunges...now that's a workout!</p>	<p><b>Core Control</b> ~ combines various pinciples from yoga, pilates, traditional and assisted stretching for total body lengthening and core strengthening. Great place to practice yoga and pilates principles and improve balance.</p>
<p><b>Fat-Free Step</b> ~ based on what step training was intended to be— low impact, moderate to high intensity, accessible to all populations, fun and with a low risk of injury! Originally a rehab activity for knee injuries...Get those legs toned and the heart rate pumping!</p>	<p><b>Hatha Yoga</b> ~ A great opportunity to go deeper into your yoga practice integrating the physical postures (asanas) with the breath (pranayama) while exploring yoga philosophy and cultivating awareness. 75 minutes.</p>
<p><b>Boot Camp</b> ~ our trainers coach and encourage you to be all you can be both cordiovascularly and muscularly using a wide variety of tools, skills and drills! Get back to the basics and watch your progress!</p>	<p><b>Group Power</b> ® ~ This 60 minute barbell program strengthens all major muscles is an inspiring, motivating group environment with fantastic music, awesome instructors and simple, athletic movements! Score!</p>
<p><b>Insanity</b> ~ High intensity interval training that focuses on exercises that use major muscle groups, compound movements and high intensity training</p>	<p><b>Yoga Focus</b> ~ A fitness-based shorter practice that targets various aspects of the physcial postures in the traditional practice of yoga. The focus may include just hips, shoulders, balance, twisting etc. 45 minutes.</p>
<p><b>Resist-a-Ball</b> ® ~ One stop shop! 20/20/20 Cardio/strength/core-flexibility using the Resist-a-Ball, dumbbells, bands and/or body bars for a resistance and balance challenge! A simply ir-Resist-a-Ball treat!</p>	<p><b>Barre Essentials</b> ~ Look for our new class to debut in February! This hour long class focuses on all of your body using small micromovements to develop a lean figure and strengthen core muscles.</p>
<p><b>Kindercise</b> ~ free for the pre-schoolers while mom and dad get their training in! Detalis are in the Daycare. Especially for those 2 - 6 years old. A great intro to fun group activities!</p>	<p><b>Barre Essentials continued:</b> Uses light weights, mats, ballet barre, gliding discs for a complete body workout! Quite a challenge! Try this new, exciting class Tuesdays at 4:30 pm and Thursdays at 11:30 am!</p>
<p><b>All Group Fitness Instructors are Nationally Certified Professionals. SPRFC is an authorized Spinning facility, Spin instructors are certified by Mad Dogg Athletics.</b></p>	
<p><b>All instructors are CPR/AED certified and continue with on-going education. Classes are instructed for all levels of fitness. Modifications and variations are always offered.</b></p>	<p><b>Severna Park Racquetball and Fitness Club 8514 Veterans Highway, Millersville MD 21108 410-987-0980 www.sprfc.com</b></p>