

Notes: Availability of fitness classes is based on demand. Please refer to www.SpringfieldJCC.org for up to the minute changes. Those with ankle injuries need to be cautious whenever using the BOSU. Please sign in to ALL classes, even if you come late. Appropriate footwear and clothing required. For your safety and the safety of others, we cannot allow you to enter class after warm-up.

BOSU SMACKDOWN Meet the challenge of high intensity interval training with tabatas, monster sets and more. We commit to the same set of drills and skills, targeting both upper and lower body, for a month at a time so participants can track and FEEL progress from week to week. Great indoor training for outdoor obstacle-based competitions too! Class is not recommended for participants with pre-existing knee and/or ankle injuries.

ACTIVE ADULT POOL FITNESS All exercises performed in the shallow end of the pool. Improve flexibility, balance, and strengthen weak muscles while having fun.

CYCLING/ CYCLING INTERVALS Come experience this high-intensity indoor cardio class where participants ride on stationary bikes. Hit the hills, power the spirits, and chase down the competition.

MASTERS SWIMMING Masters Swimming is a program for adults who want to improve their fitness and/or competitive stroke development. The group consists of beginners, tri-athletes, and advanced swimmers.

STEP/CARDIO SCULPT A low impact, high intensity cardiovascular workout using a platform called the "step". Intensity can be modified by changing the height of the step, sometimes integrating weights.

SWIMNASTICS Stretching, water strengthening exercises, aerobics, heart monitoring and individual special need exercises included. Entire class is performed in the shallow end of the pool.

SOLE SYNTHESIS When barefoot training meets strength, cardio and flexibility in one workout, fitness takes on a whole new meaning. The idea is to simply use a movement you've done for ages and transform it seamlessly in 3 different ways with one outcome - a proactive workout rooted in functional training that will leave you strong and centered.

TURN & BURN A perfect split of cardio and resistance training. This class begins in the cycling studio and moves into the dance studio or gymnasium for strength after 30 minutes. Do both parts or join us for half.

WATER AEROBICS Water exercise will allow you to get all the benefits of land aerobics without all the stress to your joints.

ZUMBA/ZUMBA GOLD Ditch the workout, join the party! Tone and sculpt your body while burning fat. Zumba is a fusion of Latin and International music - dance themes that create an exciting, dynamic and effective fitness system. No dance experience is necessary!

ACTIVE ADULT AEROBICS Have fun while getting in shape! This class welcomes participants of all ages who want a low impact workout, while improving flexibility, toning muscles and building endurance.

BODYPUMP This class strengthens the entire body. It challenges your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. You will get the results you are looking for!

PILATES WITH PROPS A unique, functional approach to Mat Pilates that challenges your body to the core! A variety of equipment will be utilized to enhance your Pilates experience. Equipment may include: Gliding Disks, BOSU Balance Trainer, flat bands and Fit balls.

SUPER SCULPT Sixty minutes of body sculpting exercises that is great for all levels. A variety of equipment will be used to keep things fresh.

TURN AND PUMP Enjoy thirty minutes of cycling in the mezzanine followed by thirty minutes of your favorite BodyPump tracks in the dance studio. Do one part or both as it best suits your fitness needs!

VINYASA FLOW Looking to explore body, mind and spirit awareness while exercising? Come seek balance in all areas of your life by reducing stress levels, overcoming physical and emotional obstacles, and promoting self-empowerment.

GENTLE YOGA Appropriate for all ages, yoga is still considered one of the best activities for your mind and body. Flexibility is not a necessary element to a peaceful and enjoyable yoga practice.

YOGA FOR EVERYBODY Reduce stress and increase flexibility through a series of exercises that help you attain overall well being.

CENTERED & BALANCED If you've always wanted to try Yoga but struggled with the idea that you're not flexible enough, not strong enough, don't have good balance, have injuries from past or present, or maybe you think you're too old...then this is the PERFECT Yoga class for you! Engage in mind-body connection through dynamic movement to improve strength, flexibility, balance and focus.

MUSCULAR DEVELOPMENT This isn't your average weight class. Expect training complexes where weighted, body weight and sometimes plyometric (optional) exercises are blended to target both fast and short twitch muscle fibers. Expect an elevated heart rate. Don't expect it to be easy.