

MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a-6:20a Chisel w/ Amanda Turf	5:30a-6:20a Boot Camp w/ Ambrah Turf	5:15a-6:05a Spin w/ Tabatha Spin Room	5:30a-6:20a Boot Camp w/ Ambrah Turf	5:35a-6:25a Burn w/ Amanda Turf	8:00a-8:50a Spin w/ Tabatha Spin Room
9:30a-10:20a Zumba w/ Jennifer S. Court 1	8:30a-9:20a Muscle Mayhem w/ Julana Turf	8:30a-9:20a SS Circuit w/ Cindy Court 1	9:30a-10:20a Turbo Kick w/ Julana Aerobics Room	8:30a-9:20a SS Classic w/ Cindy Court 1	8:00a-8:50a REV-UP w/ Julana Aerobics Room
9:30a-10:00a SPIN Express w/ Jen C. Spin Room	9:30a-10:20a Total Body w/ Ambrah Turf	9:30a-10:20a Step w/ Cindy Aerobics Room	9:30a-10:20a Total Body w/ Ambrah Turf	9:30a-10:20a TRX Training w/ Kelly Turf	9:00a-9:50a Zumba w/ Alexzis Court 1
10:05a-10:25a CORE Express w/ Jen C. Aerobics Room	10:30a-11:20a SS Classic w/ Jen T. Court 1	9:30a-10:20a Spin w/ Jen T. Spin Room	10:30a-11:20a SS Classic w/ Jen T. Court 1	9:35a-10:25a Step w/ Cindy Aerobics Room	9:00a-9:50a Cross Train w/ Julana Turf
10:30a-11:20a SS Classic w/ Jennifer S. Court 1	11:30a-12:00p Yoga Stretch w/ Jen T. Court 1	10:30a-11:30a RIP w/ Jen T. Aerobics Room	11:30a-12:00p Yoga Stretch w/ Jen T. Court 1		10:00a-11:00a PiYo w/ Rotating Instructors Aerobics Room
10:30a-11:20a Yoga w/ Karin Aerobics Room					
5:15p-6:05p Cross Train w/ Julana Turf	5:15p-6:05p RIP w/ Tabatha Turf	5:15p-6:05p Cross Train w/ Julana Turf	5:15p-6:15p RIP w/ Tabatha Aerobics Room	6:20p-7:10p Zumba w/ Tara Aerobics Room	
6:00p-6:50p Zumba w/ Tara Court 1	5:30p-6:15p Dance 2 Fit w/ Alyssa Aerobics Room	5:30p-6:15p Cardio Combo w/ Susan Aerobics Room	6:20p-7:10p Zumba w/ Tara Aerobics Room		
6:15p-7:05p REV-UP w/ Julana Turf	6:30p-7:30p PiYo w/ Beth Aerobics Room	6:20p-7:10p Zumba w/ Jonova Aerobics Room	7:15p-8:05p Yoga w/ Karin Aerobics Room		

Class Color Guide

- ✓ Court Class
- ✓ Aerobics Class
- ✓ Senior Class
- ✓ Spin Class
- ✓ Turf Class



Stay up-to-date with class cancellations, substitutions, shout outs and more!

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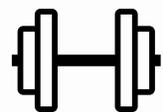
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Cardio and Strength

RIP: If you like BodyPump, you'll love RIP! This barbell workout incorporates functional strength training for every muscle group. Our energetic instructors will keep you coming back with great music and expert coaching. Plan to arrive a few minutes early to set up your equipment.

Step: Step up your game with this fun and challenging cardio workout! Choreographed routines and upbeat music combine for a high-energy class, guaranteed to make you sweat. All fitness levels are welcome!

PiYo: PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body feeling lean and strong.

Turbo Kick: You'll have a blast getting into knockout shape with a class that combines traditional kickboxing moves with high-intensity interval training! Learn hard-hitting combos and edgy dance moves while torching fat.

Muscle Mayhem: What happens when you combine the full-body strength concept of RIP with the intensity of a turf class? Meet Muscle Mayhem! This strength-based format will appeal to the creative types, or anyone looking to mix up their weight routine.

REV-UP: Whether you're a novice exerciser or you've been exercising for years, this class is for you! A combination of aerobic conditioning and strength training to push your body toward the next level. A little bit of HIIT, a little bit of Intervals and a whole lotta sweat.

TRX Training: This 50-minute class is an effective total body workout that uses your own body weight to simultaneously develop strength, balance, flexibility and core stability through a series of timed intervals, and structured workouts that target every main muscle group! TRX is low-impact, so it's easy on the joints, easy to modify depending on your fitness level, and can be set up virtually anywhere! If you're new to exercise or looking to switch up your routine, this class is for you!

Cardio Combo: Accelerate your fitness and experience how time can fly during a workout when you are having fun! This interval class alternates between cardio conditioning and strength moves to blast fat and sculpt muscle. This class will incorporate weights, stability balls, and more.



Dance Fitness

Zumba: Ditch the workout and join the party! Latin rhythms combined with cardiovascular exercises create a beloved aerobic routine that is high energy and lots of fun!

Dance2fit: A fun full body workout that uses various types of music to create a high intensity workout that will have you smiling while sweating head to toe.



Mind-Body and Core

Yoga: Breathe and relax as you flow through poses designed to improve strength, flexibility, and balance. Yogis of all levels will enjoy the opportunity to enhance or modify the poses as needed.



High Intensity Interval Training

Boot Camp: If you're looking for a class that mixes cardio, strength, and body-weight training with a healthy dose of motivation, look no further! Classes are designed to challenge you differently every time. Modifications are offered, and all fitness levels are welcome!

Total Body: Whether it's your own body weight, or pushing some weight, challenge yourself to a total strength, cardio, balance, and core conditioning workout. This empowering class is perfect for all fitness levels, as each exercise can be adjusted to suit your needs.

Burn: HIIT and functional movement training combine for increased flexibility, range of motion, and strength performance. If you're looking for a push, this is it!

Cross Train: Some call it crazy, others call it Cross Train! This boot camp-style workout puts the fun in FUNctional exercise, for a dynamic workout and will keep your body guessing.



High Intensity Interval Training

Chisel: Start your week off right with a high-intensity, muscle-building power hour! Strength training moves combine with functional fitness to keep your metabolism elevated long after the workout is over.



Senior and Family

Silver Sneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of motion for daily activities. Hand-held weights, elastic tubing, and SilverSneakers balls are offered for resistance. Chairs are available for seated and standing support.

Silver Sneakers Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

Silver Sneaker Yoga Stretch: Improve your flexibility, balance, and range of motion safely. This class will move your whole body through a complete series of seated and standing yoga poses while using a chair for support. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.



Indoor Cycle

Spin: Climb, sprint, and jump on an all-terrain ride that will leave your quads quivering. The energetic music motivates each rider through a variety of speed and resistance challenges. Each class will take you on a creatively designed ride to maximize cardiovascular fitness potential.

Spin and Tone: It's the cardio and toning burst that you know and love from a traditional spin class with a twist! You will now add in the benefit of high reps with low weights to tone your whole body off the bike to increase your calorie burn after your workout is completed.