

SPRINGFIELD EXERCISE CLASSES WITH AMANDA MASTERS



Amanda Masters

Amanda.S.Masters@gmail.com

803-417-3591

1495 Altura Road, Fort Mill



Masters degree in Exercise Science



**Certified Personal Trainer by the
American College of Sports Medicine,**



**Performance Enhancement Specialist
certified by the National Academy of
Sports Medicine**



**Primary Group Exercise, Kettlebell,
Kickboxing, and Strength & Conditioning
certified by the International Sports
Conditioning Association**



**Sports Conditioning Specialist and
Senior Instructor Certifications by
WaterArt Fitness International**



**Certified Speed Specialist by the
National Association of Speed &
Explosion**



**I tailor workouts to match your fitness
level, interest, and goals. Please contact
me if you'd like to schedule a training or
small group class**

Personal Fitness Trainer

I have been offering personal training and fitness classes at Springfield for the past 8 years. I have been training men, women, youth and children of all ages and fitness levels for over 15 years at many local facilities in the area. My specialties and classes include: bodyweight training, circuit training, strength training, cardiovascular conditioning, sports nutrition guidance, weightloss, deep stretching, water conditioning, arthritis and special conditions modification training, youth sports conditioning, cycling, running, kickboxing, BOSU, Spinning, and more.

CPR/AED/FIRST AID CERTIFIED

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Mondays – 8AM – Cardio Strength

Challenge (Level II) - Join me early Monday mornings to get your week started off right! We challenge your cardiovascular system with high energy moves while toning your muscles with strength moves all while burning calories through an interval format.



Wednesdays – 9AM – Cardio Strength +

Balance (Level I) – This class is designed primarily for those who need more gentle joint movements, whereby cardio focuses on low impact and toning occurs through strength endurance while challenging balance and agility. *NOTE: This is a \$5/class fee per participant paid to the instructor*



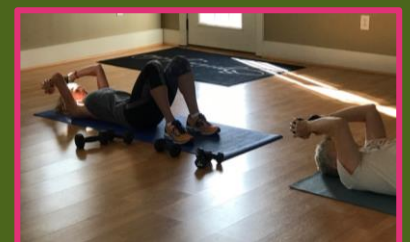
Fridays – 8:30AM – 30/30 Strength &

Stretch - End your stressful week with a 30 minute concentrated focus on strengthening the main muscle groups followed by 30 minutes of intense “rope” assisted deep stretching.



May – September – Pool Classes! – Join me

in the pool for cardio strength sports conditioning classes. Times, dates, and days to be determined. Follow your Springfield newsletter and news blasts by your Fitness Committee for exact information.



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