

OFFSITE GROUP FITNESS SCHEDULE



CHAMPAIGN COUNTY:

NORTH LEWISBURG:

URBANA SENIOR CENTER

MOVE!	M/W	2:15-3:00PM
CHAIR YOGA	W	1:15-2:00PM
MOVE on the Ball!	F	12:15-1:15PM

ST. PARIS

YOGA	M	11:30-12:30PM
YOGA	THR	12:30-1:30PM

ADMINISTRATION BUILDING

ALL THE FEELS	M/W/F	10:30-11:30AM
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CHERRY ARBORS

CHAIR YOGA	M/W	11:45-12:45PM
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COLOR CODE

STRENGTH
MIND & BODY
ACTIVE OLDER ADULT



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY