



# Champaign Family Group YMCA Fitness Class Descriptions



Beginner,



Novice,



Intermediate,



Sweat,



Advanced

**FREE Fitness Classes for Members**

**GROUP CYCLING-** 🤔 Warm-up, steady up-tempo cadence, sprints, climbs, cool-downs, etc. You control resistance on your bike to make the pedaling as easy or difficult as you choose. Constant adjustment is normal. Just bring a towel and a water bottle.

**INTERVAL MAXIMUM/PILATES-** 🤔 A 45-minute workout based on the interval-training concept. This workout will improve your cardiovascular fitness level and boost your metabolism, therefore allowing you to burn more total calories. Strong emphasis on toning through weight resistance exercises. These intervals are not only extremely challenging but also easy to learn and fun to do. A full 15 minute stretching routine will proceed at the end of class.

**DEEP STRETCH-** 🤔 Following Interval Maximum, this class will be a deep stretching class to relieve stiffness and soreness. Slowly increasing flexibility and joint range of motion.

**STEP & STUFF -** 🤔 This class is a well rounded strength, cardio and flexibility workout that will meet you where you are on your fitness journey. Beginners are encouraged to join to get all the aspects of fitness. (KNOWN TO HAVE THE BEST MUSIC!)

**MORNING MASH UP-** 🤔 This workout is ever-changing to challenge even the fittest individuals. It can also be modified for beginners as well. Great cardiovascular workout also incorporates strength, flexibility, and muscle endurance. This class will include a mixture of kick boxing, bag work, spinning, TRX, and weights, on any given day! Be prepared for anything! This class is fun, functional fitness.

**TRX MIX** 🤔 *(This class can be modified but it is not recommended for beginners)* Born in the Navy SEALs, TRX Suspension training uses your own body weight for resistance, building strength, balance, flexibility and core strength simultaneously. We are taking a different approach to this class. We will incorporate weight training and Tue evening TRX will be in the pool and some days outside! Wear shorts/shirt or suit. Same tough workout, just a different style.

**HITT-** 🤔 HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

**DANCE MIX-UP-** 🤔 Find your perfect dance workout here! Build cardio fitness, improve stamina, and burn those unwanted calories while you move to the beat of some great music. A mix of oldies, Latin, pop and country music means there's something for everyone to groove to – you'll have so much fun you'll forget it's a workout! Make it low impact, high, or anywhere in between.

**PILATES-** 🤔 This is not a cardio workout – This is not a cardio workout – but it's still a challenge. Total body awareness, balance, posture, optimal breathing. Great core training and abdominal work. This is a very popular class; sign up early. You won't want to miss this one!

**TRX YOGA FLOW-** 🤔 Increase physical flexibility, strength, energy, and balance while relaxing and calming the mind. Using elements of **yoga** and Pilates with **TRX** based exercises creates a cutting-edge workout that builds both length and strength. This class is suitable for any fitness level. Spots are limited.

**YOGA-** 🤔 In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. ... Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, and hip openers

**FALLS PREVENTION/YOGA AS THERAPY-** Using yoga techniques coupled with basic fitness and rehabilitative principles, we will tap into the mind/body's innate healing abilities through supportive postures and awareness exercises, giving each student the tools to heal themselves, build muscular strength, and improve balance and range of motion.

**TAI CHI-** 🤔 Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching.

**YOGA FLOW-** 🤔 The intention of this class is to create a balance among the physical, mental and energy bodies. We'll make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, and hip openers. We'll explore these principles through the practices of pranayama, mindfulness and asana. The basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body so to prepare ourselves for stillness.

**PICKLEBALL -** Full gym for doubles pickleball matches (partners rotate). Bring your own paddle, or use one of ours! Great cardio, available to all skill levels, and "pickleball regulars" are very welcoming to newcomers!

**ADULT BASKETBALL -** Full open gym style / pick up game play. Bring a white and dark colored shirt or reversible jersey and join the fun! All skill levels welcome.

# Group Ex Class Schedule

937-653-9622



| Tuesday       | Class               | Studio | Instructor |
|---------------|---------------------|--------|------------|
| 5:30a-6:15a   | Interval Max        | AR     | Diana      |
| 5:30a-7:00a   | Adult Basketball OG | Gym    |            |
| 6:20a-6:35a   | Deep Stretch        | AR     | Diana      |
| 9:00a-9:55a   | Cycling             | AR     | Paul       |
| 10:05a-10:55a | TRX Yoga            | AR     | Ami        |
| 5:00p-5:55p   | TRX MIX             | AR     | Jen        |
| 6:00p-6:55p   | HITT                | AR     | Ami        |

| Thursday      | Class               | Studio | Instructor |
|---------------|---------------------|--------|------------|
| 5:30a-6:15a   | Interval Max        | AR     | Diana      |
| 5:30a-7:00a   | Adult Basketball OG | Gym    |            |
| 6:20a-6:35a   | Deep Stretch        | AR     | Diana      |
| 9:00a-9:55a   | Cycling             | AR     | Paul       |
| 10:05a-10:55a | TRX Yoga            | AR     | Ami        |
| 5:00p-5:55p   | TRX MIX             | AR     | Jen        |
| 6:00p-6:45p   | HITT                | AR     | Ami        |
| 7:15p-8:00p   | YOGA                | Emily  | MPR        |

| Saturday     | Class   | Studio | Instructor |
|--------------|---------|--------|------------|
| 8:00a-8:50a  | Cycling | AR     | Paul       |
| 9:00a-9:55a  | TRX     | AR     | Ami        |
| 10:15-11:00a | YOGA    | AR     | Emily      |

| Child Watch-Babysitting Service |                |
|---------------------------------|----------------|
| Mornings M-F                    | 8:30am-11:30am |
| Saturdays                       | 8:00am-12:00pm |
| Evenings M-TH                   | 5:00pm-8:30pm  |

| KEY                |
|--------------------|
| Interval/Combo     |
| Strength           |
| Cardio             |
| Mind & Body        |
| Active Older Adult |

| Monday        | Class      | Studio | Instructor |
|---------------|------------|--------|------------|
| 5:30a-6:20a   | Cycling    | AR     | DeeDee     |
| 6:30a-7:00a   | Pilates    | AR     | Heidi      |
| 8:00a - 9:30a | Pickleball | Gym    |            |
| 8:30a-9:00a   | TRX        | AR     | Shelia     |
| 9:00a-9:55a   | Step       | AR     | Sheila     |
| 10:00a-10:55a | Mash-Up    | AR     | Ami        |
| 10:00a-10:55a | Pilates    | MPR    | Bobbi      |
| 12:30p-1:30p  | YAT        | AR     | Deb        |
| 5:00p-5:55p   | TRX MIX    | AR     | Jen        |
| 6:00p-6:45p   | Dance      | AR     | Kim        |
| 7:00p-7:55p   | Cycling    | AR     | Thom       |
| 7:15p-8:00p   | YOGA       | MPR    | Emily      |

| Wednesday     | Class      | Studio | Instructor |
|---------------|------------|--------|------------|
| 5:30a-6:20a   | Cycling    | AR     | DeeDee     |
| 6:30a-7:00a   | Pilates    | AR     | Heidi      |
| 8:00a - 9:30a | Pickleball | Gym    |            |
| 8:30a-9:00a   | TRX        | AR     | Shelia     |
| 9:00a-9:55a   | Step       | AR     | Sheila     |
| 10:00a-10:55a | Mash-Up    | AR     | Ami        |
| 10:00a-10:55a | Pilates    | MPR    | Bobbi      |
| 12:00p-12:45p | Cycling    |        | Paul       |
| 12:30p-1:30p  | YAT        | AR     | Deb        |
| 5:00p-5:55p   | TRX MIX    | AR     | Jen        |
| 6:00p-6:55p   | Dance      | AR     | Kim        |
| 6:00p-6:55p   | YOGA FLOW  | MPR    | Samantha   |
| 7:00p-7:55p   | Cycling    | AR     | Shane      |

| Friday        | Class      | Studio | Instructor |
|---------------|------------|--------|------------|
| 8:00a - 9:30a | Pickleball | Gym    |            |
| 8:30a-9:00a   | TRX        | AR     | Shelia     |
| 9:00a-9:55a   | Step       | AR     | Sheila     |
| 10:00a-10:55a | Mash-Up    | AR     | Ami        |
| 10:00a-10:55a | Pilates    | MPR    | Bobbi      |
| 11:00a-11:55a | YOGA FLOW  | AR     | Samantha   |
| 12:00p-12:45p | Cycling    | AR     | Paul       |