



# 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.

**FAMILY DANCE FITNESS-** 😊 Ready to shake it up and put those little ones energy levels to the test? Come get moovin' and groovin' to some high energy music that both of you will love. After dinner, before bed... you don't want to miss this!

**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

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

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

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
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
12:00p-12:45p	Cycling	AR	Paul