



# 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-** 😬 If you get bored with the same ol', this class is for you. Monday's are for bag work-bring your gloves, but if you forget, we have some extra! Wednesday and Friday will keep you guessing what's next. Battle rope-yes, TRX-yes, weights-yes, spinning-yes, plyo-yes, body weight-yes, step-yes! The format can vary as well, keeping a variety high, with no time for boredom. You will get the workout you want. Instructor modifies for your individual needs, injuries, fitness levels, and that includes 0 experience! Don't be scared-GET IN HERE!

**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-** 😬 High-intensity interval training, but don't let the verbiage scare you! The instructor will help you safely push yourself further than you thought possible. Everybody has a different fitness level, experience, and concerns requiring different modifications. From beginner to advanced, we can make sure you are on the right track for progression. Using your own body weight dynamically for brief bursts, followed by weight training in an effective, fun format.

**MOVE-** 🤔 😬 Get lost in the music and come "shake it" with us in this new spiced up dance fitness workout. This won't be your typical dance fitness class. You never know when light weights, body weight, and core workouts will be thrown into the mix to give your body a full, toned, revamped workout. You will lose yourself in the music and forget that you were even working out!

**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 flexibility, strength, restoration while challenging balance. This class uses elements of yoga and Pilates with a TRX twist. We offer modifications for every fitness level to safely and effectively create a flow throughout your body and mind. Movements can also be taken to the floor, or completed without TRX for those looking for a more traditional yoga approach.

**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.

**Hip Hop Dance (\*New)-** 🤔 🤔 Get ready to sweat for the next hour in this class. Hip-hop dance is a unique and exciting style of street dance that is most commonly performed to hip-hop music. It is a form of dance that combines a variety of freestyle movements. With more upbeat music, hip-hop dance creates a different level of fun and creativity.

# Group Ex Class Schedule

937-653-9622

191 Community Dr. Urbana. OH. 43078



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
10:00a-10:55a	YOGA	MPR	Emily
5:30p-6:30p	HIIT W/ TRX	AR	Ami
7:00p-8:00p	YOGA	MPR	Pam
7:00p-8:00p	Karate	AR	Stacy/Noel

Monday	Class	Studio	Instructor
5:30a-6:20a	Cycling	AR	Dee Dee
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
5:30p-6:30p	HIP HOP DANCE	AR	Shonda
7:00p-7:55p	Cycling	AR	Thom

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
10:00a-10:55a	YOGA	MPR	Emily
5:00p-5:55p	HIP HOP DANCE	AR	Shonda
6:00p-6:45p	HIIT	AR	Ami
7:00p-8:00p	YOGA	MPR	Pam
7:00p-8:00p	Karate	AR	Stacy/Noel

Wednesday	Class	Studio	Instructor
5:30a-6:20a	Cycling	AR	Dee Dee
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
5:00p-5:55p	HIIT W/ TRX	AR	Jen
7:00p-7:55p	Cycling	AR	Shane

Saturday	Class	Studio	Instructor
8:00a-8:50a	Cycling	AR	Paul
9:00a-9:55a	TRX	AR	Ami
10:00a-10:55a	Hip Hop Dance	AR	Shonda

Friday	Class	Studio	Instructor
8:00a - 9:30a	Pickleball	Gym	
8:30a-9:00a	TRX	AR	Sheila
9:00a-9:55a	Step	AR	Sheila
10:00a-10:55a	Mash-Up	AR	Ami
10:00a-10:55a	Pilates	MPR	Bobbi

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	