

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	10:30-11:45AM
ALL THE FEELS	F	10:30-11:20AM

CHERRY ARBORS

SIT & TONE	M/W	12:00-1:15PM
SIT & TONE	F	11:30-12:15PM

COLOR CODE

STRENGTH
MIND & BODY
ACTIVE OLDER ADULT



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



Community classes for our aging active adults
Contact Ami Daniels, Fitness Director (937) 484-3562
adaniels@champymca.org

Champaign County

Urbana Senior Center:

Move! on the Ball - We are movin' and groovin' in this class! Not only with a great workout burn, but with lots of laughs. Be ready to sweat starting with a great warm up to get those joints loosened up. There will be dumbbell work, chair exercises, bands, balls, and plenty of cardio. EVERYTHING can be modified for your particular needs.

Chair Yoga - This is a gentle class adapting yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor.

South Legacy:

Strength, Power, & Prevention - This class incorporates strength and power movements to improve balance and to help prevent falls.

St. Paris

Harmon Building:

Yoga - 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 a mixture of postures.

North Lewisburg

Administration Building:

All the Feels - Stretching the limits on this well energized class. Incorporating cardio, resistance bands, towels, dumbbells, chairs, and mats if able... you are going to be feeling this workout in all the right spots.

Cherry Arbors:

Sit & Tone - Get the best toned workout all while staying in your chair. This is a class that is for anyone and everyone! Chairs are a must along with resistance band work and light weight dumbbells. If you think you can't get toned sitting down, think again!