



# FITNESS SCHEDULE

## Monday

|               |                      |      |
|---------------|----------------------|------|
| 5:30-6:20am   | Power, Praise, Pedal | AR   |
| 6:30-7:00am   | Pilates              | AR   |
| 9:00-9:55am   | Step 'n Stuff        | AR   |
| 9:30-10:15am  | Arthritis Based Pro  | Pool |
| 10:00-11:00am | HIIT Mash Up         | AR   |
| 10:00-10:55am | Pilates              | MPR  |
| 5:30-6:25pm   | ZUMBA                | AR   |
| 6:30-7:25pm   | Cycling              | AR   |

## Tuesday

|               |                       |      |
|---------------|-----------------------|------|
| 5:30-6:15am   | Interval Max          | AR   |
| 6:20-6:35am   | Deep Stretch          | AR   |
| 9:00-9:55am   | Music Trivia!/Cycling | AR   |
| 9:30-10:30am  | Water Aerobics        | Pool |
| 10:00-10:55am | Balanced Body Barre   | AR   |
| 10:00-10:55am | Yoga for Balance      | MRP  |
| 1:00-2:00pm   | Chair Volleyball      | GYM  |
| 5:00-5:55pm   | MOVE/TRX              | AR   |
| 6:00-6:55pm   | Kickboxing Interval   | AR   |
| 7:00-7:45PM   | Flow into Rest        | AR   |

## Wednesday

|               |                      |      |
|---------------|----------------------|------|
| 5:30-6:20am   | Power, Praise, Pedal | AR   |
| 6:30-7:00am   | Pilates              | AR   |
| 9:00-9:55am   | Step 'n Stuff        | AR   |
| 9:30-10:15am  | Arthritis Based Pro  | Pool |
| 10:00-11:00am | HIIT Mash Up         | AR   |
| 10:00-10:55am | Pilates              | MPR  |
| 5:00-5:55pm   | WALK ON WEDNESDAY'S  | AR   |
| 6:00-6:55pm   | Cycling              | AR   |

## Thursday

|               |                       |      |
|---------------|-----------------------|------|
| 5:30-6:15am   | Interval Max          | AR   |
| 6:20-6:35am   | Deep Stretch          | AR   |
| 9:00-9:55am   | Music Trivia!/Cycling | AR   |
| 9:30-10:30am  | Water Aerobics        | Pool |
| 10:00-10:55am | Balanced Body Barre   | AR   |
| 10:00-10:55am | Yoga                  | MRP  |
| 1:00-2:00pm   | Chair Volleyball      | GYM  |
| 5:00-5:55pm   | ZUMBA                 | AR   |
| 6:00-6:55pm   | MOVE/TRX              | AR   |
| 7:00-7:45pm   | Flow into Rest        | AR   |

## Friday

|               |                     |      |
|---------------|---------------------|------|
| 9:00-9:55am   | Step 'n Stuff       | AR   |
| 9:30-10:15am  | Arthritis Based Pro | Pool |
| 10:00-11:00am | HIIT Mash Up        | AR   |
| 10:00-10:55am | Pilates             | MPR  |

## Saturday/Sunday

|                 |                        |    |
|-----------------|------------------------|----|
| <u>Saturday</u> |                        |    |
| 8:00-8:55am     | Music Trivial! Cycling | AR |
| 9:00-9:55am     | ZUMBA                  | AR |
| <u>Sunday</u>   |                        |    |
| 1:30-2:30pm     | Jerry's Jive           | AR |
| 6:00-7:00pm     | Sunday Run Day         | SH |

### CHILDWATCH HOURS

M-F 8:30-11:30AM  
M-THU EVE 5:00-8:30PM  
SATURDAYS 8:00-12:00PM

### COLOR CODE

CARDIO STRENGTH  
POOL INTERVAL/COMBO  
MIND & BODY  
ACTIVE OLDER ADULT

THE BEST  
INVESTMENT  
YOU CAN EVER  
MAKE  
IS IN YOUR OWN  
HEALTH



### AGE REQUIREMENTS

CLASS: AT THE DISCRESSION OF  
INSTRUCTORS  
FITNESS CENTER: 16 OR OLDER  
TRACK: 13 OR YOUNGER WITH  
SUPERVISION

191 COMMUNITY DRIVE  
(937) 653-9622

# CHAMPAIGN FAMILY YMCA FITNESS CLASS SCHEDULE

---

**POWER, PRAISE, PEDAL** – If you are looking to start your day uplifted and soul-filled, this class is for you! Join us for an hour of cycling to upbeat Christian contemporary/rock music as she leads you down the road of righteousness with positive affirmations, scripture, and prayer. You will leave feeling physically, mentally, and spiritually renewed.

**BALANCED BODY BARRE** – Balancing standing barre work, Pilates mat work, and yoga in equal parts across a 60min class. Create long, lean lines, muscle toning, and better balance and flexibility for a healthier you!

**MUSIC TRIVIA! /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.

**HIIT MASH UP** –If you get bored with the same ol', this class is for you. Battle rope, kickboxing bag work, TRX, weights, spinning, plyometric, body weight work, and step. Don't forget to bring your boxing gloves, but we have extra if need be. The format can vary as well, keeping variety high, with no time for boredom. You will get the workout you want.

**MOVE/TRX** – Come lose yourself in the music and have the best time forgetting that you're even working out! You never know when light weights, body weight, dance, and TRX will be thrown in the mix to give your body a full, toned, revamped workout.

**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; you won't want to miss this one!

**STEP & STUFF** – This class is an all-inclusive 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!)

**YOGA FOR BALANCE** – The focus of this class is on strength and balance, while being gentle on the joints. Accessible to all ages and experience levels. We use chairs during practice to assist balance and alignment.

**ZUMBA** – A fun, high energy, interval workout that will get your heart pumping and body moving! Focusing on body weight training and blasting those calories all while having fun. This class is a mix of Zumba moves and music with a bit of Hip Hop & Dance. You don't have to be a professional dancer, just someone who wants to dance, sweat, and have a good time! Come dance with us!

**KICKBOXING** – Kick, punch, and sweat your way to a stronger, fitter you with this killer combo class. It implements traditional cardio kickboxing, weightlifting, and bag work for a well-rounded strength and conditioning class with a great variety of movements to keep your heart rate up and your muscles fighter strong.

**ARTHRITIS BASED PRO** – Do you have arthritis? Would you like to be more active or continue to stay active? Join our Arthritis Program! The intensity of the class is determined by YOU. The movements are enjoyable and designed to improve range of motion and flexibility while having a great time. We sing, play, and socialize while working on our mobility, strength, and sense of humor.

**WATER AEROBICS – DEEP & SHALLOW**– Ever feel like you're stuck in between wanting to be in the deep end, but really enjoying the movements in the shallow end? With this class, that's right where you belong! You don't have to decide between deep or shallow work because you can get it all with this one class! You can choose to use floatation devices or nothing at all in the shallow, deep or anywhere in between. This one workout will take care of it all.

**WALK ON WEDNESDAY'S** – Summertime special! Get outside for some fresh air and class comradery. We walk the bike trail, we do body weight workouts, we take it inside to finish with some stretching. Take a break from the norm to help finish your week strong.

**JERRY'S JIVE** – Take a little bit of dance and mix it with a little bit of weights for a whole lot of fun!

**SUNDAY RUN DAY** – Get 5k ready with this 6 week series. Core strengthening exercises to follow. We meet at the SHELTER HOUSE and utilize the Simon Kenton Bike Trail.

**FLOW INTO REST** – A series of stretches aimed to decompress and relax the body. Helps to improve flexibility and calm the nervous system before rest. Practice includes breath work and props may be used. Accessible to all experience levels.

**CHAIR VOLLEYBALL** – Join us in the gym for lots of laughs and all of the benefits of chair volleyball! It can help strengthen upper body and core, gain flexibility, cardiovascular health, hand-eye coordination, and reduce stress!

