



# FITNESS SCHEDULE

## Monday

5:30-6:20am	Power, Praise, Pedal	AR
6:30-7:00am	Pilates	AR
8:30-9:15am	Arthritis Based Pro	Pool
9:00-9:55am	Step 'n Stuff	AR
9:30-10:15am	Arthritis Based Pro	Pool
10:00-11:00am	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 Boday Barre	AR
10:00-10:55am	Yoga for Balance	MRP
5:00-5:55pm	MOVE/TRX	AR
6:00-6:55pm	Kickboxing Interval	AR

## Wednesday

5:30-6:20am	Power, Praise, Pedal	AR
6:30-7:00am	Pilates	AR
8:30-9:15am	Arthritis Based Pro	Pool
9:00-9:55am	Step 'n Stuff	AR
9:30-10:15am	Arthritis Based Pro	Pool
10:00-11:00am	Mash Up	AR
10:00-10:55am	Pilates	AR
5:00-5:55pm	MOVE/TRX	AR
6:00-6:55pm	Cycling	AR
7:00-7:55pm	Stress-less Yoga	MPR

## 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 Boday Barre	AR
10:00-10:55am	Yoga	AR
5:00-5:55pm	ZUMBA	AR
6:00-6:55pm	MOVE/TRX	AR

## Friday

8:30-9:15am	Arthritis Based Pro	Pool
9:00-9:55am	Step 'n Stuff	AR
9:30-10:15am	Arthritis Based Pro	Pool
10:00-11:00am	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

### CHILDWATCH HOURS

M-F 8:30-11:30AM

M-THR 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



BE SURE TO SIGN UP FOR YOUR  
 FIT START, WEIGHT  
 ORIENTATION,  
 OR PERSONAL TRAINING  
 SESSIONS  
 TODAY!

191 COMMUNITY DRIVE  
 (937) 653-9622

# CHAMPAIGN FAMILY YMCA FITNESS CLASS SCHEDULE

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**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.

**MORNING 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!)

**TRX**—Born in the Navy SEALs, TRX Suspension training uses your own body weight for resistance, building strength, balance, flexibility and core strength simultaneously.

**STRESS-LESS YOGA**— A kinder, gentler yoga designed for beginners, the injured and the frazzled. We will incorporate elements of Yin and Restorative styles to ease tension and prepare you for a restful evening. Bring your favorite blankets/pillows.

**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.

