

# Champaign Family YMCA



## Fitness Schedule

\*Revised as of 05/22/2026

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30a-6:20a Power, Praise, Pedal 	5:30a-6:15a Interval Max 	5:30a-6:20a Power, Praise, Pedal 	5:30a-6:15a Interval Max 	9:00a-9:55a Step and Strength 	8:00a-8:55a Turbo Spin 	1:30p-2:30p Pop,Lock & Drop it 
6:30a-7:00a Pilates 	6:20a-6:35a Deep Stretch 	6:30a-7:00a Pilates 	6:20a-6:35a Deep Stretch 	9:30a-10:15a Arthritis Based Pro 	9:00a-9:55a Zumba 	
9:00a-9:55a Step and Strength 	8:00a-8:55a Turbo Spin 	9:00a-9:55a Step and Strength 	8:00a-8:55a Turbo Spin 	10:00a-11:00a HIIT Mash Up 		
9:30a-10:15a Arthritis Based Pro 	9:30a-10:30a Splashdance 	9:30a-10:15a Arthritis Based Pro 	9:30a-10:30a Splashdance 	10:00a-10:55a Pilates 		
10:00a-11:00a HIIT Mash Up 	10:00a-10:55a Balance Body Barre 	10:00a-11:00a HIIT Mash Up 	10:00a-10:55a Balance Body Barre 			
10:00a-11:00a Pilates 	10:00a-10:55a Yoga for Balance 	10:00a-10:55a Pilates 	10:00a-10:55a Yoga for Balance 			
5:30p-6:30p Zumba 	5:00p-6:00p MOVE/ TRX 	5:00p-5:55p Walk on Wed 	5:00p-5:55p Kickboxing 			
	7:00p-7:55p Yoga for Relaxation 	6:00p-6:45p Step and Strength 	6:00p-6:55p MOVE/ TRX 			
			7:00p-7:55p Yoga for Relaxation 			

### Childwatch

**M-F**  
7:45a-11:00a

**M-Th**  
4:45p-8:00p

**Sat**  
8:00a-12:00p

### Class Key

- Cardio
- Pool
- Mind & Body
- Interval & Combo

- Pool
- Aerobic Studio
- Multipurpose Room

Class Descriptions

Facebook

Website

# Champaign Family YMCA Gymnasium Schedule



\*Schedule may change with season

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:00a-9:30a Pickleball	11:30a-12:30p Chair Volleyball	8:00a-9:30a Pickleball	11:30a-12:30p Chair Volleyball	8:00a-9:30a Pickleball		
				7:00p-8:30p Pickleball		

## Pool Schedule

\*Schedule may change with season

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:45p-8:45p Flying Fish	5:00p-6:30p Flying Fish					

### Reminder:

There are lanes available during these practice times.  
Please call the Welcome Center to reserve lanes  
The Family Swim area does not require reservations

### Schedule Key

- Youth Sports
- Cardio
- Active Older Adult
- Pool