

# Champaign Family YMCA



\*Revised as of 12/10/25

## Fitness Schedule

| Mon   | Tues  | Wed   | Thurs   | Fri   | Sat                                  | Sun  |
|---|---|---|---|---|--------------------------------------|--|
| <b>5:30a-6:20a</b><br>Power, Praise,<br>Pedal<br> | <b>5:30a-6:15a</b><br>Interval Max<br>            | <b>5:30a-6:20a</b><br>Power, Praise,<br>Pedal<br> | <b>5:30a-6:15a</b><br>Interval Max<br>            | <b>9:00a-9:55a</b><br>Step and<br>Strength<br>    | <b>8:00a-8:55a</b><br>Turbo Spin<br> | <b>1:30p-2:30p</b><br>Pop, Lock<br>& Drop it<br> |
| <b>6:30a-7:00a</b><br>Pilates<br>                 | <b>6:20a-6:35a</b><br>Deep Stretch<br>            | <b>6:30a-7:00a</b><br>Pilates<br>                 | <b>6:20a-6:35a</b><br>Deep Stretch<br>            | <b>9:30a-10:15a</b><br>Arthritis<br>Based Pro<br> | <b>9:00a-9:55a</b><br>Zumba<br>      |  |
| <b>9:00a-9:55a</b><br>Step and<br>Strength<br>    | <b>9:00a-9:55a</b><br>Turbo Spin<br>              | <b>9:00a-9:55a</b><br>Step and<br>Strength<br>    | <b>9:00a-9:55a</b><br>Turbo Spin<br>              | <b>10:00a-11:00a</b><br>HIIT Mash Up<br>          |                                      |  |
| <b>9:30a-10:15a</b><br>Arthritis<br>Based Pro<br> | <b>9:30a-10:30a</b><br>Splashdance<br>            | <b>9:30a-10:15a</b><br>Arthritis<br>Based Pro<br> | <b>9:30a-10:30a</b><br>Splashdance<br>            | <b>10:00a-10:55a</b><br>Pilates<br>               |                                      |  |
| <b>10:00a-11:00a</b><br>HIIT Mash<br>Up<br>       | <b>10:00a-10:55a</b><br>Balance<br>Body Barre<br> | <b>10:00a-11:00a</b><br>HIIT Mash Up<br>          | <b>10:00a-10:55a</b><br>Balance<br>Body Barre<br> |   |                                      |  |
| <b>10:00a-11:00a</b><br>Pilates<br>               | <b>10:00a-10:55a</b><br>Yoga for<br>Balance<br>   | <b>10:00a-10:55a</b><br>Pilates<br>               | <b>10:00a-10:55a</b><br>Yoga for<br>Balance<br>   |   |                                      |  |
| <b>5:30p-6:30p</b><br>Zumba<br>                   | <b>6:00p-6:55p</b><br>MOVE/ TRX<br>               | <b>5:00p-5:55p</b><br>R-3<br>                     | <b>5:00p-5:55p</b><br>Kickboxing<br>              |   |                                      |  |
|   | <b>7:00p-7:55p</b><br>Yoga for<br>Relaxation<br>  | <b>5:00p-5:55p</b><br>Splash<br>Dance<br>         | <b>6:00p-6:55p</b><br>MOVE/ TRX<br>               |   |                                      |  |
|   |   | <b>6:00p-6:45p</b><br>Step and<br>Strength<br>    | <b>7:00p-7:55p</b><br>Yoga for<br>Relaxation<br>  |   |                                      |  |

### Class Key

Cardio

Pool

Mind & Body

Interval & Combo

Pool

Aerobic Studio

Multipurpose Room

Class  
Descriptions

Facebook

Website



191 Community Dr. Urbana, OH  
43078 ☎ 937.653.9622

\*schedule may change with weather

# Champaign Family YMCA

## Gymnasium Schedule



\*Schedule may change with season

| Mon                       | Tues                                 | Wed                       | Thurs                                | Fri                       | Sat                             | Sun                                |
|---------------------------|--------------------------------------|---------------------------|--------------------------------------|---------------------------|---------------------------------|------------------------------------|
| 8:00a-9:30a<br>Pickleball | 11:30a-12:30p<br>Chair<br>Volleyball | 8:00a-9:30a<br>Pickleball | 11:30a-12:30p<br>Chair<br>Volleyball | 8:00a-9:30a<br>Pickleball | 9:00a-12:00p<br>Y<br>Basketball | 3:45p-8:00p<br>Adult<br>Pickleball |
|                           | 5:30p-7:30p<br>Y<br>Basketball       |                           | 5:30p-6:30p<br>Y<br>Basketball       |                           |                                 |                                    |

## Pool Schedule

\*Schedule may change with season

| Mon                            | Tues                       | Wed                            | Thurs                        | Fri                          | Sat                              | Sun |
|--------------------------------|----------------------------|--------------------------------|------------------------------|------------------------------|----------------------------------|-----|
| 5:00p-9:00p<br>Flying Fish     | 5:00p-9:00p<br>Flying Fish | 5:00p-7:30p<br>Flying Fish     | 5:00p-9:00p<br>Flying Fish   | 5:00p-6:30p<br>Flying Fish   | 7:30a-10:00a<br>Flying Fish      |     |
| 5:30p-6:30p<br>Swim<br>Lessons |                            | 5:00p-6:30p<br>Swim<br>Lessons | 7:00p-9:00p<br>Team<br>Champ | 4:00p-5:00p<br>Team<br>Champ | 10:30a-12:00p<br>Swim<br>Lessons |     |
| 8:30p-9:30p<br>Team<br>Champ   |                            | 7:30p-9:00p<br>Team<br>Champ   |                              |                              |                                  |     |

### 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

# Fitness Schedule Descriptions



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!

TURBO SPIN—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, water bottle, and get ready to burn those calories with this high-charged spin class.

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 & STRENGTH – 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 – Basic Vinyasa and Iyengar Yoga techniques and postures are explored, as well as deep and purposeful stretching, using a series of poses while coordinating breath. This class is intended to improve strength, flexibility, and balance. Suitable for all levels of experience, with modifications given.

YOGA FOR RELAXATION – 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.

SPLASHDANCE – Get ready to make waves with SPLASHDANCE. This high-energy water workout combines fun music with easy to follow dance moves in the pool, giving you a full body workout session that's low impact and a whole lot of fun!

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.

POP, DROP, & - LOCK IT – Take a little bit of dance and mix it with a little bit of weights for a whole lot of fun!

R-3 Recover, Restore, Revive – 3 / 15 minute segments built around muscle recovery, restoring mobility, and reviving energy. If you have a high-intensity favorite class you never miss, this class is the perfect supplement to prevent burnout and overuse. We will refresh the brain as well with some of your favorite line dances. Add to that a deep stretch with focus on the breath and this class will help ground and center you to wind down for the end of your day.

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!