

# OFFSITE GROUP FITNESS SCHEDULE



## CHAMPAIGN COUNTY:

## NORTH LEWISBURG:

### URBANA SENIOR CENTER

<b>MOVIN &amp; GROOVIN</b>	M/W	2:15-3:00PM
<b>CHAIR YOGA</b>	W	1:00-1:45PM

### LEGACY SOUTH BUILDING

<b>POWER &amp; PREVENTION</b>	THR	10:30-11:15AM
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### ST. PARIS

<b>YOGA</b>	THR	12:30-1:30PM
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### ADMINISTRATION BUILDING

<b>ALL THE FEELS</b>	M/W	10:30-11:45AM
<b>ALL THE FEELS</b>	F	10:30-11:20AM

### CHERRY ARBORS

<b>SIT &amp; TONE</b>	M/W	12:00-1:15PM
<b>SIT &amp; TONE</b>	F	11:30-12:15PM



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### COLOR CODE

**STRENGTH**

**MIND & BODY**

**ACTIVE OLDER ADULT**



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

## Champaign County

### Urbana Senior Center:

**Move & Groove** – We are movin’ and groovin’ in this class! Not only with a great 45min 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, 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!