



Champaign Family YMCA

Offsite Fitness Class Description

Community classes for those that are 55 years and older

Strengthening our Community

Champaign County

Senior Center

Move & Groove– We are movin' and groovin' in this class! Not only with a great 30 minute workout burn but with lots of laughs. Be ready to sweat starting with a great warmup to get those joints loosened up, followed by some dumbbell work, lots of chair exercise & small segments of cardio. EVERYTHING can be modified!

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

COMING SOON!

North Lewisburg

Administration Building

All The Feels– Stretching the limits on this well energized class. Incorporating cardio, resistance bands, towels, dumbbells, chairs and mats in able...you are going to be feeling this workout in all the good 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

Offsite Group Fitness Schedule

Champaign Family YMCA

For questions, please contact Health Enhancement

Director, Jennifer Payne at

Champaign County: Senior

Movin' & Groovin'	Time	Instructor
Monday	2:15 pm-2:45 pm	Jennifer
Wednesday	2:15 pm-2:45 pm	Jennifer

Chair Yoga	Time	Instructor
Wednesday	1:00 pm-1:45 pm	Emily

Legacy South Building

COMING

North Lewisburg: Administration Building

All The Feels	Time	Instructor
Monday	10:30 am- 11:45 am	Sheila
Wednesday	10:30 am-11:45 am	Sheila
Friday	10:30-11:20 am	Sheila

North Lewisburg: Cherry Arbors

Sit & Tone	Time	Instructor
Monday	12:00 pm- 1:15 pm	Sheila
Wednesday	12:00 pm-1:15 pm	Sheila
Friday	11:30 pm-12:15 pm	Sheila

Key
Strength
Active older Adult
Mind & Body