

Monday				Tuesday				Wednesday			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
9:30a – 10:30a	Zumba	Karina	B	5:45a – 6:30a	Cycling	Darcy	B	5:45a – 6:30a	Cycling	Julie	B
10:30a – 11:30a	Gentle Yoga	Debra	A	8:15a – 9:15a	Step	Marcia	B	8:15a – 9:15a	Turbo Kick	Janet	B
4:30p – 5:30p	Step	Marcia	B	9:30a – 10:30a	Silver Sneakers	Dar	A		YAH Team		
5:45p – 6:45p	Dance Fit	Becky	B	9:30a – 10:30a	Team Strength	Marcia	B	9:30a – 10:30a	Strength	Marcia	A
				12:00p – 1:00p	Zumba	Geet	B	9:30a – 10:30a	Dance Fit	Becky	B
				4:15p – 5:00p	Pilates	Donna	B	12:00p – 1:00p	Barre	Geet	B
				5:45p – 6:30p	Kickboxing	Curtis	A	5:30p – 6:30p	Interval Step	Marcia	B

Thursday				Friday				Saturday			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
5:45a – 6:30a	Complete Mix	Darcy	B					8:15a – 9:15a	Turbo Kick	Janet	B
8:15a – 9:15a	Zumba	Karina	B	9:30a – 10:30a	Step	Marcia	B	9:30a – 10:30a	Dance Fit	Becky	B
9:30a – 10:30a	Silver Sneakers	Dar	A	12:00p – 1:00p	Zumba	Geet	B	4:30p – 5:20p	Kickboxing	Curtis	A
9:30a – 10:30a	Team Strength	Marcia	B								
5:45p – 6:30p	Kickboxing	Curtis	B								
								Sunday			
								4:00p – 5:00p	Cycling	Julie	G

YAH – Young at Heart

Senior Friendly

**Locations:**  
A: Studio A  
B: Studio B  
G: Grid Room

## Cardio Classes

**Complete Mix** – Combines great strength moves with high intensity cardio in a circuit format. Tone your body with a collection of different moves that keep you on your toes and moving.

**Dance Fit** – Fun class that focuses on joyful dancing for cardio fitness. Includes salsa, hip-hop, swing, and more. You'll sweat and have a great time dancing in an encouraging atmosphere.

**Cycling** – Cardio workout performed on stationary bikes. Good for all fitness levels.

**Step** – Fun, upbeat aerobic fitness class. Improve your cardiovascular endurance and strength training.

**Zumba** – Fuses latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness class that will blow you away. Achieve long-term benefits while experinecing an absolute blast in this exciting class.

**Turbokick** – High energy class that mixes aerobics with martial arts and hiphop. Interval based and great for all fitness levels.

**Interval Step** – Combination of step and interval training to help you lose fat and build strength in an exciting aerobic class.

## Mind-Body Classes

**Hatha Yoga/Restorative Yoga** – Encourage physical and spiritual growth through three of the eight "limbs" of Patanjali's Ashtanga Yoga. The specific practice of asana (pose), pranayama (breath), and dhyana (meditation) is the core focus of this session, while building positive energy and enthusiasm. Good for all levels. \*\*\*RETURNING SOON\*\*\*

**Gentle Yoga** – Slower paced and relaxing yoga class with an emphasis on promoting flexibility, poise, body alignment, and balance

**Pilates** – Emphasizes postural alignment, core strength, and increases energy. Consists of low impact flexibility, muscular strength, and endurance movements. Adaptable to many fitness levels and needs.

## Strength Classes

**Grid** (strength and cardio!) – Challenging circuit style strength and conditioning class designed to get your heart rate going. Can be modified to fit any fitness level. \*\*\*RETURNING SOON\*\*\*

**Kickboxing** – Total body workout for cardio, flexibility, balance and strength. Punch, kick, and move like a fighter with a mix of boxing, kickboxing and traditional martial arts. Moderate intensity.

**Team Strength** – Strengthening class in a fun group setting. Great for fat loss and muscle tone.

**Cycling Fusion** (strength and cardio!) – Interval based class involving cycling and strength training that will help you gain strength and burn fat \*\*\*RETURNING SOON\*\*\*

## Senior Friendly Classes

**YAH Zum** – Modified Zumba class geared towards seniors who want to safely enjoy a fun dance fitness class. \*\*\*RETURNING SOON\*\*\*

**YAH Team Strength** – Modified team strength class geared towards seniors who want to safely enjoy a fitness class to strengthen their bodies.

**Healthy Backs and Core** – Prevent back pain through a class full of diverse exercises and stretches. Instructors teach proper form and muscle engagement to ensure safety \*\*\*RETURNING SOON\*\*\*

**Chair Yoga** – Increase flexibility, balance, and strength in a modified yoga class using a chair to sit on and hold for support. \*\*\*RETURNING SOON\*\*\*

**Silver Sneakers** – Fitness class geared towards seniors that is fun, engaging, and good for the whole body.

**Balance** – A great class to help you become stronger and improve your balance. Improve strength and power in your ankles, knees, hip joints, and core. Great for all fitness levels. \*\*\*RETURNING SOON\*\*\*

# Champaign Fitness Center



## Group Fitness Schedule

Starts 6/28/2021

1914 Round Barn Rd.

Champaign, IL 61821

(217) 356-1616