



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



**GROUP FITNESS CLASS SCHEDULE
WINTER II SESSION
MORNING CLASSES
February 24 - April 11, 2020**

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:00-9:00 AM	Pickleball	Y-Walk	Y-Walk 1/2 Gym Pickle Ball 1/2 Gym	Y-Walk	Pickleball	
5:30-6:15 AM		Group Cycle		Group Cycle		
7:00-7:45 AM	Stretch & Tone		Pilates		Stretch & Tone	
8:00-8:45 AM	Y-Pump	Yoga	Zumba® Step	Yoga	Y-Pump	Y-Pump
9:00 - 9:30 AM		H.I.I.T. (Studio) <u>Senior Boxing</u> (AP Room)		H.I.I.T. (Studio) <u>Senior Boxing</u> (AP Room)		
9:00 - 9:45 AM	Low Impact Aerobics				Low Impact Aerobics	
9:00 - 10:00 AM			Beachbody PiYo® (Studio)			
10:00 - 11:15 AM		Rock Steady Boxing®		Rock Steady Boxing®		
10:30 - 11:15 AM	Silversneakers Classic®		Silversneakers Classic®		Silversneakers Classic®	
11:00 - 11:45 AM		Be Well (Studio)				

BREAK A SWEAT WITH US



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GROUP FITNESS CLASS DESCRIPTIONS:

BEACHBODY PiYo®: Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You will use body weight to perform a series of continuous, targeted moves to define every single muscle - big and small. This intense, yet low-impact workout will burn calories while you sweat, stretch, and strengthen - all in one empowering PiYo® workout. **Instructor - Staci**

Be Well: Collaboration with OSF Holy Family. This class focuses on Nutrition and Fitness. Meets every other week. For more info, contact Staci @ 309-734-3183 **Member Fee: Free Non-Member Fee: \$100**

GROUP CYCLE: Group cycling classes combine energizing music with a unique fitness workout for powerful results. You get all of the benefits of aerobic activity, including a great calorie burn and stronger heart and lungs, in a fun and supportive group setting. **Instructor - Mike**

H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING): This type of training involves repeated bouts of high intensity effort followed by varied recovery times. **Instructor - Staci**

LOW IMPACT AEROBICS: Start your day with a light cardio workout. All moves can be modified to suit your specific fitness needs and goals. **Instructor - Carey**

PILATES: A non-impact workout that strengthens the "powerhouse" muscles of the abdomen, hips, lower back and gluteus. It improves posture and stability, as well as coordination and balance. **Instructor - Carey**

ROCK STEADY BOXING (Parkinson's Class): By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life. **Instructor - Jim**

SENIOR BOXING: Boxing is for any body and any age. In this class you will move through stances, jabs, punches and blocks. Boxing stance strengthens your core, back, and leg muscles while the punches strengthen your shoulders and arms. The aerobic part of boxing does double the work by helping to keep you mentally and physically fit. **This class is designed for participants over the age of 55. Instructor - Jim**

SILVERSNEAKERS CLASSIC®: Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels. **Instructor - Carey**

STRETCH & TONE: Warm up with a little cardio, and tone with resistance training. Learn all aspects of properly stretching for a total body workout. **Instructor - Carey**

YOGA: Renew your mind and body through simple, basic, and gentle movements. Hatha Yoga done in a vinyasa style is perfect for anyone looking to improve flexibility. Great for all fitness levels. **Instructor - Heather**

Y-PUMP: Add this workout to your day! This class will build muscle, endurance and challenge your cardiovascular system, along with strength training for total body conditioning. **Instructor - Staci, Danielle**

Y-WALK: Enjoy walking indoors while socializing with friends! \$30 per session for program participants.

ZUMBA® STEP: Combines the toning and strengthening of step aerobics with the cardio conditioning of Zumba. **Instructor - Staci**