

**Phillips Recreation Center**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am		Totally Toning		Totally Toning		
8am	Low Impact Aerobics	Flow Yoga	Low Impact Aerobics	Flow Yoga	Low Impact Aerobics	
9am	Fit For Life	Senior Strengtheners (9:30-10:20am)	Fit For Life	Senior Strengtheners (9:30-10:20am)	Fit For Life	
10am						
11am			Tai Chi (10:30am-12pm)		Tai Chi (10:30am-12pm)	
12pm	Absolute Abs		Absolute Abs		Absolute Abs	
1pm						
1:30pm	Yoga Fusion		Yoga Fusion			
2:15pm						
3:45pm	Zumba		Zumba		Zumba	
4:45pm	Butts & Guts	Strength & Conditioning	Butts & Guts	Strength & Conditioning	Butts & Guts	
5:30pm	Hard Core		Hard Core		Hard Core	
6:30pm	Tai Chi		Tai Chi			
7:30pm	(6:30-8pm)		(6:30-8pm)			

**Brookens Gym**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		Transformer Circuit		Transformer Circuit		Transformer Circuit (6:00am)
6:30am						
12pm	Boot Camp	Group Personal Training	Boot Camp	Group Personal Training	Boot Camp	
12:50pm						

**Urbana Indoor Aquatic Center**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Deep Water Aerobics	Basic Water Exercise	Deep Water Aerobics	Basic Water Exercise	Deep Water Aerobics	
6:50am						
6:00pm	Deep Water Aerobics	Basic Water Exercise	Deep Water Aerobics	Basic Water Exercise		
6:50pm						

**Crystal Lake Park Family Aquatic Center**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	Aquajog		Aquajog		Aquajog	
11:00am	Outdoor Deep Water Aerobics	Outdoor Deep Water Aerobics	Outdoor Deep Water Aerobics	Outdoor Deep Water Aerobics	Outdoor Deep Water Aerobics	

**Anita Purves Nature Center**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30pm		Rising Spirit Yoga		Rising Spirit Yoga		
6:45pm						