

Fitness Programs

Due to the fluidity of public health guidelines for group fitness classes during COVID-19, please check www.urbanaparks.org/programs/fitness-and-wellness/ for updated guidelines for attending Urbana Park District fitness and wellness classes.

Boot Camp

Monday, Wednesday, Friday, 12-12:50pm
Brookens Gym
Age 15 and Up

Challenge yourself with this fast-paced, calorie-blasting workout. This fun and engaging class is for any fitness level, and uses elements of strength training and high-intensity cardio. Modifications are always offered for beginner to advanced participants. **No class Sep 6, Nov 26, and Dec 24.**

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 23-Oct 15	\$63R/\$95NR	Aug 9	\$79R/\$119NR	Aug 23	9804
Oct 18-Dec 10	\$63R/\$95NR	Oct 4	\$79R/\$119NR	Oct 18	9805
Dec 13-Dec 22	\$14R/\$21NR	Nov 29	\$18R/\$27NR	Dec 13	9875

H.I.I.T. Revolution

Tuesday, Thursday, 12-12:50pm
Brookens Gymnasium
Age 15 and Up

High Intensity Interval Training (H.I.I.T.) is an efficient and effective workout that will keep you burning calories long after you are done. Power through moderate to intense intervals using your own body weight and resistance equipment to improve metabolism, cardiovascular and athletic ability. Modifications are offered for all fitness levels. **No class Nov 11 and Nov 25.**

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 24-Oct 14	\$52R/\$78NR	Aug 10	\$65R/\$98NR	Aug 24	9813
Oct 19-Dec 9	\$46R/\$69NR	Oct 5	\$58R/\$87NR	Oct 19	9814
Dec 14-Dec 23	\$13R/\$20NR	Nov 30	\$16R/\$24NR	Dec 14	9876

Flexi Pass Sale Dates: December 6-10, January 3-7

Why not treat yourself to better fitness this holiday season? Fitness punch cards can help you take control of your fitness by giving you the ability to attend classes on YOUR schedule. Each card is good for 10 classes. Just give your card to the instructor at the beginning of each class to get it punched.

Purchase these punch cards in person at the Phillips Recreation Center.

Land Fitness Pass Sale Price:	\$32R/\$51NR
Yoga/Pilates Fitness Pass Sale Price:	\$42R/\$66NR
Water Fitness Pass Sale Price:	\$40R/\$63NR

Zumba™

Wednesday, Friday, 3:45-4:35pm
Phillips Recreation Center
Age 15 and up

Zumba is an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Zumba is the world's largest – and most successful – dance-fitness program for people of all shapes, sizes and ages. **No class Nov 26 and Dec 24.**

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 25-Oct 15	\$44R/\$66NR	Aug 11	\$55R/\$83NR	Aug 25	9831
Oct 20-Dec 10	\$41R/\$62NR	Oct 6	\$51R/\$77NR	Oct 20	9832
Dec 15-Dec 22*	\$8R/\$12NR	Dec 1	\$10R/\$15NR	Dec 15	9868

*Third session will be held at the Anita Purves Nature Center

Hard Core

Monday, Wednesday, 5:30-6:20pm
Phillips Recreation Center
Age 15 and Up

Develop a solid 'hard' core while working other muscle groups at the same time. Exercises can be modified to meet the needs of everyone who participates, from the exercise newbie to the exercise junkie. You'll have a balanced exercise experience; one that works strength, cardiovascular endurance, flexibility and balance – you've found it! **No class Sep 6.**

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 23-Oct 13	\$49R/\$74NR	Aug 9	\$61R/\$92NR	Aug 23	9816
Oct 18-Dec 8	\$52R/\$78NR	Oct 4	\$65R/\$98NR	Oct 18	9817

Totally Toning

Tuesday, Thursday, 7-7:50am
Phillips Recreation Center
Age 15 and Up

Use free weights, resistance bands, Bosu balls, TRX bands and other equipment to help develop every major muscle group. It's an efficiently-paced, calorie-burning workout to help you reduce body fat and build muscle. **No class Nov 11 and Nov 25.**

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 24-Oct 14	\$52R/\$78NR	Aug 10	\$65R/\$98NR	Aug 24	9825
Oct 19-Dec 9	\$46R/\$69NR	Oct 5	\$58R/\$87NR	Oct 19	9826
Dec 14-Dec 23*	\$13R/\$20NR	Nov 30	\$16R/\$24NR	Dec 14	9877

*Third session will be held at the Anita Purves Nature Center

Mat Pilates

Tuesday, Thursday, 8:30-9:20am
Phillips Recreation Center
Age 15 and Up

Pilates is a mat-based, non-impact class for all ages and abilities. Pilates teaches body awareness while increasing flexibility and agility. This total body workout combines strengthening and lengthening exercises to reinforce proper posture and enhance core strength. **No class Nov 11 and Nov 25.**

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 24-Oct 14	\$55R/\$83NR	Aug 10	\$69R/\$104NR	Aug 24	9865
Oct 19-Dec 9	\$48R/\$72NR	Oct 5	\$60R/\$90NR	Oct 19	9866

Aikido

Tuesday, Thursday, Saturday
Phillips Recreation Center
Age 15 and Up

Gyokushin Ryu Aikido is a traditional Japanese Aikido style that also incorporates elements of Judo and Karate. Aikido is a defensive martial art that uses joint techniques, throws, and pins in a defensive manner. Students will improve their balance, coordination, and concentration as well as learn how to merge with the energy or motion of their practice partner. It is also a form of moving meditation or mindfulness with improves both concentration and awareness. The instructor, Dr. Barry Ackerson, is a 5th degree black belt (Godan) who has been awarded the title of Shihandai by Master Washizu in Japan. **No class Nov 11 and Nov 25.**

Day	Time
Tu, Th, Sat (Beginner)	5:45-6:45pm (TuTh) 2-3pm (Sat)
Tu, Th, Sat (Advanced)	5:45-7:15pm (TuTh) 2-3:30pm (Sat)

Tu, Th, Sat (Beginner)

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 31-Oct 16	\$63R/\$95NR	Aug 17	\$79R/\$119NR	Aug 31	9854
Oct 19-Dec 9	\$63R/\$95NR	Oct 5	\$79R/\$119NR	Oct 19	9855

Tu, Th, Sat (Advanced)

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 31-Oct 16	\$74R/\$111NR	Aug 17	\$79R/\$119NR	Aug 31	9854
Oct 19-Dec 9	\$74R/\$111NR	Oct 5	\$79R/\$119NR	Oct 19	9892

Flow Yoga

Monday, Wednesday, Friday 9-9:50am
Phillips Recreation Center
Age 15 and up

Join our certified Astanga Yoga Instructors as they help you to enhance your body's strength, flexibility, breathing and balance with the physical and emotional approach to Yoga. Expert attention is given to your special needs, as the instructor makes corrections via verbal instruction. **No class Sep 6 and Nov 26.**

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 23-Oct 15	\$72R/\$108NR	Aug 9	\$90R/\$135NR	Aug 23	9807
Oct 18-Dec 10	\$72R/\$108NR	Oct 4	\$90R/\$135NR	Oct 18	9808

Yoga for Every Body

Tuesday, Thursday, 5:30-6:45pm
Lake House in Crystal Lake Park
Age 15 and Up

Yoga is accessible for everyone regardless of age, physical strength or flexibility. Whether you are new or experienced, each class is tailored to meet the needs of the student with the use of props and posture variations with an emphasis on the importance of alignment, the breath, and the mind/body connection. Meditation and breath control reduces stress and heals the nervous system. The physical practice of yoga tones the body, improves muscular strength, flexibility, posture and joint stability. The continued practice of yoga opens the door to a greater sense of self and peace of mind. **No class Nov 11 and Nov 25.**

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 24-Oct 14	\$62R/\$93NR	Aug 10	\$78R/\$117NR	Aug 24	9828
Oct 19-Dec 9	\$54R/\$81NR	Oct 5	\$68R/\$102NR	Oct 19	9829

Get Fit Where You Sit!™ Chair Yoga

Wednesday, 10:15-11:05am
Phillips Recreation Center
Age 15 and Up

This calming and refreshing class provides a nice, gentle stretch and a great start to your day. Robin from LV Chair Yoga will teach you movements that are done while sitting in a chair. It is a simple, yet invigorating form of fitness, no matter what physical or mental challenges you may have.

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 25 -Oct 13	\$36R/\$54NR	Aug 11	\$45R/\$68NR	Aug 25	9810
Oct 20-Dec 8	\$36R/\$54NR	Oct 6	\$45R/\$68NR	Oct 20	9811
Dec 15-Dec 22	\$9R/\$14NR	Dec 1	\$11R/\$17NR	Dec 15	9900

*Third session will be held at the Anita Purves Nature Center



Tai Chi

Monday, Wednesday or
Tuesday, Thursday
Phillips Recreation Center
Age 15 and Up

This class is designed to reduce stress and enhance meditation through the ancient, passive martial art of Tai Chi. This art form will strengthen your mental well-being, balance, coordination and flexibility. Our Black Belt Instructors will guide you through easy lessons that will strengthen your mind and body. As students advance through sessions they will learn: Chi Kung, Stances, kicks, and Tai Chi I, 24 movements. **No class Sep 6.**

Day	Time
MW (Beginner)	6:30-7:30pm
MW (Advanced)	6:30-8pm
TTh (Beginner)	11am-12:00pm
TTh (Advanced)	11am-12:30pm

MW (Beginner)

Date	EB Cost	Deadline	Cost	Deadline	Code
Sep 8-Nov 3	\$51R/\$77NR	Aug 25	\$64R/\$96NR	Sep 8	9848

MW (Advanced)

Date	EB Cost	Deadline	Cost	Deadline	Code
Sep 8-Nov 3	\$60R/\$90NR	Aug 25	\$75R/\$113NR	Sep 8	9846

TuTh (Beginner)

Date	EB Cost	Deadline	Cost	Deadline	Code
Sep 7-Nov 4	\$52R/\$78NR	Aug 24	\$65R/\$98NR	Sep 7	9844

TuTh (Advanced)

Date	EB Cost	Deadline	Cost	Deadline	Code
Sep 7-Nov 4	\$63R/\$95NR	Aug 24	\$79R/\$119NR	Sep 7	9842

Senior Strengtheners

Monday, Wednesday, 10:15-11:05am
Tuesday, Thursday, 9:30-10:20am
Phillips Recreation Center
Age 15 and Up

Using light weights, work every major muscle at each class and end with a relaxing routine of stretches. Increase your muscle strength, tone your body, and work on balance and flexibility. **No class Nov 11 and Nov 25.**

Monday, Wednesday, 10:15-11:05am

Date	EB Cost	Deadline	Cost	Deadline	Code
Oct 18-Dec 8	\$52R/\$78NR	Oct 4	\$65R/\$98NR	Oct 18	9837

Tuesday, Thursday, 9:30-10:20am

Date	EB Cost	Deadline	Cost	Deadline	Code
Oct 19-Dec 9	\$46R/\$69NR	Oct 5	\$58R/\$87NR	Oct 19	9840

Indoor Deep Water Aerobics

Monday, Wednesday, Friday 6-6:50am or
Monday, Wednesday, Friday 7-7:50am or
Monday, Wednesday, 11:50am-12:40pm or
Monday, Wednesday, 6-6:50pm or
Urbana Indoor Aquatic Center
Age 15 and Up

Join in a deep-water workout suitable for all ages and levels of fitness. Combining aerobic conditioning (and calorie burning!) with strength training, muscular endurance and flexibility, this class is a great way to get fit and toned while having fun! Typical workouts include swimming, water walking, water jogging and invigorating non-impact deep-water exercises in the deep end of the pool. Basic swimming skills are needed. Equipment is provided.

MWF 6-6:50am - No class Sep 6 and Nov 26.

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 23-Oct 15	\$72R/\$108NR	Aug 9	\$90R/\$135NR	Aug 23	9819
Oct 18-Dec 10	\$72R/\$108NR	Oct 4	\$90R/\$135NR	Oct 18	9820
Dec 13-Dec 22	\$16R/\$24NR	Nov 29	\$20R/\$30NR	Dec 13	9970

MWF 7-7:50am - No class Sep 6 and Nov 26.

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 23-Oct 15	\$72R/\$108NR	Aug 9	\$90R/\$135NR	Aug 23	9857
Oct 18-Dec 10	\$72R/\$108NR	Oct 4	\$90R/\$135NR	Oct 18	9858
Dec 13-Dec 22	\$16R/\$24NR	Nov 29	\$20R/\$30NR	Dec 13	9983

MW 11:50am-12:40pm - No class Sep 6.

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 23-Oct 13	\$47R/\$71NR	Aug 9	\$59R/\$89NR	Aug 23	9984
Oct 18-Dec 8	\$50R/\$75NR	Oct 4	\$63R/\$95NR	Oct 18	9985
Dec 13-Dec 22	\$13R/\$20NR	Nov 29	\$16R/\$24NR	Dec 23	9986

MW 6-6:50pm - No class Sep 6.

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 23-Oct 13	\$47R/\$71NR	Aug 9	\$59R/\$89NR	Aug 23	9822
Oct 18-Dec 8	\$50R/\$75NR	Oct 4	\$63R/\$95NR	Oct 18	9823
Dec 13-Dec 22	\$13R/\$20NR	Nov 29	\$16R/\$24NR	Dec 23	9987

Basic Water Exercise

Tuesday, Thursday, 6-6:50am or 6-6:50pm
Urbana Indoor Aquatic Center
Age 15 and Up

Try this fun way to burn fat, tone your muscles and keep your heart healthy. Sample aerobic moves, water walking, water strengthening and much more. This invigorating exercise routine takes place in shallow water.

TTh 6-6:50am - No class Nov 11 and Nov 25.

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 24-Oct 14	\$52R/\$78NR	Aug 10	\$65R/\$98NR	Aug 24	9801
Oct 19-Dec 9	\$46R/\$69NR	Oct 5	\$58R/\$87NR	Oct 19	9802
Dec 14-Dec 23	\$13R/\$20NR	Nov 30	\$16R/\$24NR	Dec 14	10004

TTh 6-6:50pm - No class Aug 31, Sep 9, Sep 23, Nov 11, and Nov 25.

Date	EB Cost	Deadline	Cost	Deadline	Code
Aug 24-Oct 14	\$42R/\$63NR	Aug 10	\$53R/\$80NR	Aug 24	10007
Oct 19-Dec 9	\$46R/\$69NR	Oct 5	\$58R/\$87NR	Oct 19	10008
Dec 14-Dec 23	\$13R/\$20NR	Nov 30	\$16R/\$24NR	Dec 14	10009

Wellness Workshops

The wellness wheel is a visual guide to better understand the eight dimensions or areas of individual's life that make up their overall health. The Urbana Park District will be offering wellness workshops led by professionals covering topics related to health and wellness periodically throughout the year. These workshops are designed to educate, engage, and motivate you to incorporate ALL areas of wellness into your everyday lives. Program titles will be accompanied by an icon to correspond with the dimension of wellness that is covered in the program.



FREE! Financial Wellness: Outsmart the Scammers



November 9, 5:30-6:30pm
Phillips Recreation Center
Age 15+

Join Nicole Kingery of Edward Jones Financial to learn about the following topics: Five Common Fraud Scenarios, Red Flags, Resources, Additional Steps for Protection, and Determining a "Friend or Fraud". Light refreshments will be provided. **Registration is required.**

Registration Deadline	Code
Nov 8	9833

FREE! Physical Activity and Health Outcomes: Evidence and Prescription



Tuesday, September 7, 5-6:30pm
Phillips Recreation Center
Adults (Age 15 and up)

This workshop with the Exercise Physiology Lab at the University of Illinois will review the evidence for the health benefits of physical activity for middle aged and older adults. Physical activity including aerobic walking, anerobic stretching and strength trainging as well as yoga have shown to improve functional fitness, psychological and brain health as well as overall quality of life. The session will end with a review of current exercise recommendations by the CDC, a short excercise class and resources for adults to become and stay active. For more information on the lab visit <http://www.epl.illinois.edu>. **Registration is required.**

Registration Deadline	Code
Sep 3	9989



Sunday Soul Flow



Select Sundays, 3-4pm
Lake House in Crystal Lake Park
Age 15+

Feed your soul and recharge for your upcoming week during these self-care inspired flow yoga sessions! Must register for each class individually. No walk-ins. Space is limited.

Date	Cost	Deadline	Code
Sep 12	\$4R/\$6NR	Sep 10	9859
Sep 26	\$4R/\$6NR	Sep 24	9860
Oct 10	\$4R/\$6NR	Oct 8	9861
Oct 24	\$4R/\$6NR	Oct 22	9862
Nov 21	\$4R/\$6NR	Nov 19	9863
Dec 5	\$4R/\$6NR	Dec 3	9936

Please note: Our program offerings may change with little notice. Please follow Urbana Park District online at www.urbanaparks.org, or on Twitter, Facebook and Instagram for any schedule changes.

Fitness Programs Schedule

Phillips Recreation Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am		Totally Toning		Totally Toning		
8:00am		Mat Pilates (8:30-9:20am)		Mat Pilates (8:30-9:20am)		
9:00am	Flow Yoga	Senior Strengtheners (9:30-10:20am) (Oct 19-Dec 9)	Flow Yoga	Senior Strengtheners (10:15-11:05am) (Oct 18-Dec 8)	Senior Strengtheners (9:30-10:20am) (Oct 19-Dec 9)	Flow Yoga
10:00am	Senior Strengtheners (10:15-11:05am) (Oct 18-Dec 8)		Chair Yoga (10:15-11:05am)		Tai Chi (11am-12pm - Beginner) (11am-12:30pm - Advanced)	
11:00am		Tai Chi (11am-12pm - Beg) (11am-12:30pm - Adv)				
12:30pm						
2:00pm						Aikido (2-3pm - Beg) (2-3:30pm - Adv)
3:45pm			Zumba		Zumba	
4:45pm						
5:30pm	Hard Core	Aikido (5:45-6:45pm - Beg) (5:45-7:15pm - Adv)	Hard Core	Aikido (5:45-6:45pm - Beg) (5:45-7:15pm - Adv)		
6:30pm	Tai Chi (6:30-7:30pm - Beg) (6:30-8pm - Adv)		Tai Chi (6:30-7:30pm - Beg) (6:30-8pm - Adv)			
7:30pm						

Brookens Gym

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm	Boot Camp	H.I.I.T. Revolution	Boot Camp	H.I.I.T. Revolution	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						
7:00am	Deep Water Aerobics		Deep Water Aerobics		Deep Water Aerobics	
7:50am						
11:50am	Deep Water Aerobics		Deep Water Aerobics			
12:40pm						
6:00pm	Deep Water Aerobics	Basic Water Exercise	Deep Water Aerobics	Basic Water Exercise		
6:50pm						

Lake House in Crystal Lake Park

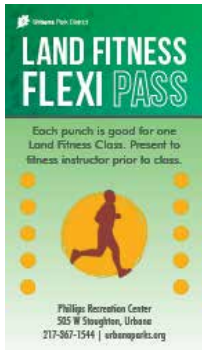
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30pm		Yoga for Every Body		Yoga for Every Body		
6:45pm						

Register Online: www.urbanaparks.org/register/

Schedule is subject to change. Visit www.urbanaparks.org/programs/fitness-and-wellness/ for the most up-to-date schedule.

Flexible Fitness Punch Cards

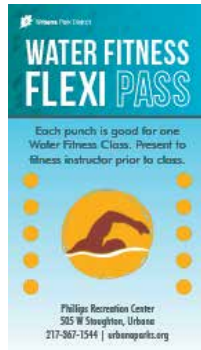
If your schedule fluctuates or you find it difficult to attend an entire session of fitness classes, purchase a 10-class Flexible Fitness Punch Card. Attend any class that accommodates your schedule. Passes may be used for all fitness classes in their category. Pre-registered participants get priority of class space. Passes are not interchangeable across categories. Before each class you attend, present the card upon arrival and you will be admitted to the class. Punch cards are valid from one session to the next. ***Flexi Passes are not accepted for Tai Chi and Aikido.***



Land Fitness Pass

\$37R/\$56NR

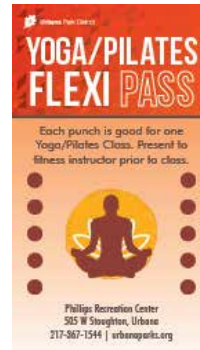
- Boot Camp
- Hard Core
- H.I.I.T.
- Revolution
- Senior Strengtheners
- Totally Toning
- Zumba



Water Fitness Pass

\$45R/\$68NR

- Basic Water Exercise
- Indoor Deep Water Aerobics



Yoga/Pilates Pass

\$47R/\$71NR

- Flow Yoga
- Get Fit Where You Sit Yoga
- Mat Pilates
- Yoga for Every Body

Meet the Fitness Instructor



Kelsey Rademacher - Zumba Instructor

My name is Kelsey Rademacher and I have been teaching Zumba at Phillips Rec Center for 3 years. I have a background in gymnastics and a variety of dance styles including ballet, tap, flamenco, salsa, Argentine tango, and Lindy Hop. Zumba is the perfect way to combine my love of movement and Latin music. My goal is for participants to leave class feeling stronger, happier, and humming some new songs!

I also work as the Spanish interpreter/translator for the Urbana Park District. I have an MA in Spanish Linguistics, and I feel privileged to serve in this role and make exhibit text, manuals, activity kits, and more accessible to our Spanish-speaking Latinx residents. I have learned so much about the flora and fauna of our community along the way!