

Fitness Programs Schedule

Phillips Recreation Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am		Totally Toning		Totally Toning		
8:00am	Low Impact Aerobics	Flow Yoga	Low Impact Aerobics	Flow Yoga	Low Impact Aerobics	
9:00am	Fit For Life (9-9:50am)	Senior Strengtheners (9:30-10:20am)	Fit For Life (9-9:50am)	Senior Strengtheners (9:30-10:20am)	Fit For Life (9-9:50am)	
10:00am			Chair Yoga (10:15-11:05am)			
11:00am		Tai Chi (10:30am-12pm)		Tai Chi (10:30-12pm)		
12:00pm						
1:00pm						
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
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						
12:00pm	Deep Water Aerobics (May 8-June 2)		Deep Water Aerobics (May 8-June 2)		Deep Water Aerobics (May 8-June 2)	
12:50pm						
6:00pm	Deep Water Aerobics	Basic Water Exercise	Deep Water Aerobics	Basic Water Exercise		
6:50pm						

Anita Purves Nature Center

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

Crystal Lake Park Family Aquatic Center - Classes begin June 5

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	Aqua Jog		Aqua Jog		Aqua Jog	
8:50am						
11:00am	Outdoor Deep Water Aerobics	Outdoor Deep Water Aerobics	Outdoor Deep Water Aerobics	Outdoor Deep Water Aerobics	Outdoor Deep Water Aerobics	
11:50am						

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.

register by calling 217-367-1544