



Fitness Programs

Schedule: September – December 2022

Phillips Recreation Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am		Totally Toning		Totally Toning		
8:00am						
9:00am	Flow Yoga		Flow Yoga		Flow Yoga	
9:30am		Senior Strengtheners (9:30-10:20am) <i>*Session 2 Only</i>		Senior Strengtheners (9:30-10:20am) <i>*Session 2 Only</i>		
10:00am	Senior Strengtheners (10:15-11:05am)		Get Fit Where You Sit™Chair Yoga (10:15-11:05am)			
10:30am		Tai Chi (10:30-11:30am-Beg.) (10:30am-12pm-Adv.)		Tai Chi (10:30-11:30am-Beg.) (10:30am-12pm-Adv.)		
11:00am						
12:00pm	Boot Camp	H.I.I.T. Revolution	Boot Camp	H.I.I.T. Revolution	Boot Camp	
2:00 pm						Aikido <i>Session 1 Cancelled</i> (2-3:30pm-Adv.)
3:45pm	Zumba		Zumba		Zumba	
5:30pm	Hard Core		Hard Core			
6:00pm		Aikido <i>Session 1 Cancelled</i> (6-7pm-Beg.) (6-7:30pm-Adv.)		Aikido <i>Session 1 Cancelled</i> (6-7pm-Beg.) (6-7:30pm-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						
8:00pm						

Lake House in Crystal Lake Park

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

Urbana Indoor Aquatic Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Indoor Deep Water Aerobics	Basic Water Exercise	Indoor Deep Water Aerobics	Basic Water Exercise	Indoor Deep Water Aerobics
6:50am					
7:00am	Indoor Deep Water Aerobics		Indoor Deep Water Aerobics		Indoor Deep Water Aerobics
7:50am					
11:40am	Indoor Deep Water Aerobics		Indoor Deep Water Aerobics		Indoor Deep Water Aerobics
12:30pm					
6:00pm	Indoor Deep Water Aerobics	Basic Water Exercise	Indoor Deep Water Aerobics	Basic Water Exercise	
6:50pm					

Instructor List

Phillips Recreation Center

- Aikido I (T/Th) 6:00-7:00pm with Barry **session 2 only*
- Aikido I & II (T/Th) 6:00-7:30pm and (Saturdays) 2:00-3:30pm with Barry **session 2 only*
- Boot Camp (MWF) 12:00-12:50pm with Clarissa
- Flow Yoga (MWF) 9-10am with Lynn
- Get Fit Where You Sit! Chair Yoga (W) 10:15-11:05am with Robin
- Hard Core (MW) 5:30-6:20pm with Ashley
- H.I.I.T. Revolution (Tu/Th) 12:00-12:50pm with Clarissa
- Senior Strengtheners (M/W) 10:15-11:05am with Jo
- Senior Strengtheners (T/Th) 9:30-10:20am with Jo **session 2 only*
- Tai Chi I & II (M/W) 6:30-8pm with Marla
- Tai Chi I & II (Tu/Th) 10:30am-12pm with Peter or Karen
- Totally Toning (Tu/Th) 7:00-7:50am with Jeanine
- Zumba (MWF) 3:45-4:35pm with Mara (Mondays) and Kelsey (Wednesdays and Fridays)

Lake House in Crystal Lake Park

- Yoga for Every Body (Tu/Th) 5:30-6:45pm with Clarissa

Urbana Indoor Aquatic Center

- Basic Water Exercise (T/Th) 6-6:50am with Christa
- Basic Water Exercise (T/Th) 6-6:50pm with Jo
- Indoor Deep Water Aerobics (MWF) 6-6:50am with Ann
- Indoor Deep Water Aerobics (MWF) 7-7:50am with Ann
- Indoor Deep Water Aerobics (MWF) 11:40am-12:30pm with Christa (Mondays and Wednesdays) and Jo (Fridays)
- Indoor Deep Water Aerobics (M/W) 6-6:50pm with Jo