



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 (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)	
10am	Senior Strengtheners (10:15-11:05am)		Chair Yoga (10:15-11:05am)			Senior Strengtheners (10:15-11:05am)
11am		Tai Chi (10:30am-12pm)		Tai Chi (10:30am-12pm)		
12pm						
3:45pm	Zumba		Zumba		Zumba	
4:45pm	Butts & Guts	Strength & Conditioning	Butts & Guts	Strength & Conditioning		
5:30pm	Hard Core		Hard Core		Hard Core	
6:30pm	Tai Chi (6:30-8pm)		Tai Chi (6:30-8pm)			
7:30pm						

Brookens Gym

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12pm	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
6am	Deep Water Aerobics	Basic Water Exercise	Deep Water Aerobics	Basic Water Exercise	Deep Water Aerobics	
6:50am						
11:50am	Deep Water Aerobics		Deep Water Aerobics		Deep Water Aerobics	
12:40pm						
6pm	Deep Water Aerobics	Basic Water Exercise	Deep Water Aerobics	Basic Water Exercise	Deep Water Aerobics	
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						

Register Online: www.urbanaparks.org/register/

Instructor List

Phillips Recreation Center

- Butts & Guts (MW) 4:45-5:25pm with **Julie**
- Fit For Life (MWF) 9-9:50am with **Cindi**
- Flow Yoga (Tu/Th) 8:00-9:15am with **Lynn**
- Get Fit Where You Sit! Chair Yoga (W) 10:15-11:05am with **Robin**
- Hard Core (MWF) 5:30-6:20pm with **Ashley**
- Low Impact Aerobics (MWF) 8:00-8:50am with **Judy**
- Senior Strengtheners (MW) 10:15-11:05am with **Jo**
- Senior Strengtheners (Tu/Th) 9:30-10:20am with **Jo**
- Strength & Conditioning (Tu/Th) 4:45-5:35pm with **Julie**
- Tai Chi I & II (Tu/Th) 10:30am-12:00pm with **Karen** (Tuesdays) and **Peter** (Thursdays)
- Tai Chi I & II (MW) 6:30-8:00pm with **Marla**
- Totally Toning (Tu/Th) 7:00-7:50am with **Diana**
- Zumba (MWF) 3:45-4:35pm with **Katie** (Mondays), **Pedro** (Wednesdays) and **Kelsey** (Fridays)

Brookens Gymnasium

- Boot Camp (MWF) 12:00-12:50pm with **Kevin**
- H.I.I.T. Revolution (Tu/Th) 12:00-12:50pm with **Clarissa**

Anita Purves Nature Center

- Yoga for Every Body (Tu/Th) 5:30-6:45pm with **Clarissa** (Tuesdays) and **Shannan** (Thursdays)

Urbana Indoor Aquatic Center

- Indoor Deep Water Aerobics (MWF) 6:00-6:50am with **Ann**
- Basic Water Exercise (Tu/Th) 6:00-6:50am with **Bev** (Tuesdays) and **Christa** (Thursdays)
- Indoor Deep Water Aerobics (MWF) 11:50am-12:40pm with **Emily** (Mondays), **Jo** (Wednesdays) and **Barb** (Fridays)
- Indoor Deep Water Aerobics (MWF) 6:00-6:50pm with **Jo**
- Basic Water Exercise (Tu/Th) 6:00-6:50pm with **Jo**