



Fitness Programs

Boot Camp

Monday, Wednesday, Friday, 12-12:50pm
 Phillips Recreation Center
 Age 15+
 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 offered for beginner to advanced participants. **No class May 30 & Jul 4.**

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-Jul 1	\$64R/\$96NR	Apr 25	\$80R/\$120NR	May 9	714
Jul 6-Aug 26	\$64R/\$96NR	Jun 22	\$80R/\$120NR	Jul 6	715

H.I.I.T. Revolution

Tuesday, Thursday, 12-12:50pm
 Phillips Recreation Center
 Age 15+
 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.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 10-Jun 30	\$53R/\$80NR	Apr 26	\$66R/\$99NR	May 10	725
Jul 5-Aug 25	\$53R/\$80NR	Jun 21	\$66R/\$99NR	Jul 5	726

FREE! Fitness Week: May 2-May 6

Try out any fitness classes at the Phillips Recreation Center, the Lake House in Crystal Lake Park or the Urbana Indoor Aquatic Center absolutely free for this week. It's one way that we can say "Thanks!" to our continuing participants and "Welcome" to our new participants. So come on by, try out a class, and let us know what you think. **Please note: Tai Chi is not included.**

Zumba™

Wednesday, Friday, 3:45-4:35pm
 Phillips Recreation Center
 Age 15+
 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.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 11-Jul 1	\$45R/\$68NR	Apr 27	\$56R/\$84NR	May 11	777
Jul 6-Aug 26	\$45R/\$68NR	Jun 22	\$56R/\$84NR	Jul 6	778

Hard Core

Monday, Wednesday, 5:30-6:20pm
 Phillips Recreation Center
 Age 15+
 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. **No class May 30 & Jul 4.**

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-Jun 29	\$50R/\$75NR	Apr 25	\$63R/\$95NR	May 9	729
Jul 6- Aug 24	\$50R/\$75NR	Jun 22	\$63R/\$95NR	Jul 6	730

Totally Toning

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

Use free weights, resistance bands, Bosu balls, TRX bands and other equipment to develop every major muscle group. This is an efficiently paced, calorie-burning workout to help you reduce body fat and build muscle.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 10-Jun 30	\$53R/\$80NR	Apr 26	\$66R/\$99NR	May 10	769
Jul 5-Aug 25	\$53R/\$80NR	Jun 21	\$66R/\$99NR	Jul 5	770

Yoga for Every Body

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

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 June 14, June 16, June 21, June 23, and June 28.**

Date	EB Cost	Deadline	Cost	Deadline	Code
May 10-Jun 30	\$43R/\$65NR	Apr 26	\$54R/\$81NR	May 10	773
Jul 5-Aug 25	\$63R/\$95NR	Jun 21	\$79R/\$119NR	Jul 5	774

Flow Yoga

Monday, Wednesday, Friday 9-10am
Phillips Recreation Center
Age 15+

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 of Yoga. Expert attention is given to your special needs, as the instructor makes corrections via verbal instruction and/or hands-on adjustment. **No class May 30 and July 4.**

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-Jul 1	\$60R/\$90NR	Apr 25	\$75R/\$113NR	May 9	718
Jul 6-Aug 26	\$60R/\$90NR	Jun 22	\$75R/\$113NR	Jul 6	719

Get Fit Where You Sit!™ Chair Yoga

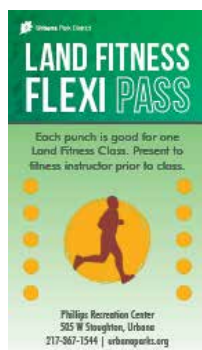
Wednesday, 10:15-11:05am
Phillips Recreation Center
Age 15+

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 mental or physical challenges you may have.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 11-Jun 29	\$37R/\$56NR	Apr 27	\$46R/\$69NR	May 11	721
July 6-Aug 24	\$37R/\$56NR	Jun 22	\$46R/\$69NR	Jul 6	722

Flexible Fitness Punch Cards

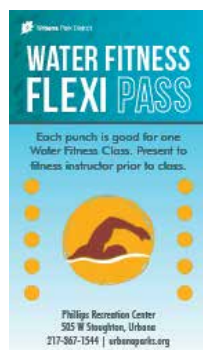
If your schedule fluctuates or you find it difficult to attend an entire session of fitness classes, purchase a 10-class Flexible Fitness Punch Card. Attend any class that accommodates your schedule. Passes may be used for all fitness classes in their category. Pre-registered participants get priority 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 classes at Crystal Lake Park Family Aquatic Center.**



Land Fitness Pass

\$38R/\$57NR

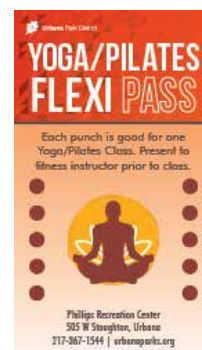
- Boot Camp
- Hard Core
- H.I.I.T.
- Revolution
- Totally Toning
- Zumba



Water Fitness Pass

\$46R/\$69NR

- Basic Water Exercise at UIAC
- Indoor Deep Water Aerobics



Yoga/Pilates Pass

\$48R/\$72NR

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

FREE! Yoga in the Park

Saturdays, June 11-August 20, 9-10am
Meadowbrook Park, Meet at Prairie Play Pavilion
All Ages & Abilities

Come outside to experience the joy of yoga! Join the Urbana Park District, your community, and a variety of talented yoga instructors as we take to beautiful Meadowbrook Park for yoga in the open-air. All ages and abilities are welcome to join us as we gather to celebrate movement and breathe under our beautiful prairie skies. Instructors will offer modifications so you can practice at your own level. This is a FREE yoga practice, so invite your friends and family along, bring a yoga mat (although we have loaners if you need one), some comfortable clothing, and the desire to practice yoga in an outdoor setting. Last summer was fantastic, and this summer will provide more great yoga to enjoy! While this program is free, donations are accepted to benefit the Urbana Park District Youth Scholarship Fund. **No Yoga on July 2.**

FREE! Tai Chi in the Park

Select Tuesdays, 6:30-7:30 pm

- May 24
- June 21
- July 26
- August 23

Meadowbrook Park, Meet at Garden Pavilion
Age 15+

Join our Black Belt instructors as they guide you through easy lessons that will strengthen your mind and body. These free classes are 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. This program will be weather dependent.

FREE! Zumba in the Park

Select Saturdays, 10:30-11:30am

- June 11
- July 16
- August 20

Meadowbrook Park, Meet at Prairie Play Pavilion
All Ages & Abilities

Join local Zumba instructor Lei Shanbhag for a free outdoor Zumba party! Zumba is an exhilarating, effective, easy-to-follow Latin-inspired calorie-burning dance fitness-party that is moving the world towards joy and health. Zumba is the world's most successful – dance-fitness program for people of all shapes, sizes, and ages. This program will be weather dependent.

Check www.urbanaparks.org for cancellation information.

Tai Chi

Monday, Wednesday or
Tuesday, Thursday
Phillips Recreation Center
Age 15+

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 wellbeing, 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 May 30, July 4 and September 5.**

Day	Time
MW (Beginner)	6:30-7:30pm
MW (Advanced)	6:30-8pm
TTh (Beginner)	10:30-11:30am
TTh (Advanced)	10:30am-12pm

MW (Beginner)

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-Jul 6	\$49R/\$74NR	Apr 25	\$61R/\$92NR	May 9	757
Jul 11-Sep 7	\$52R/\$78NR	Jun 27	\$65R/98NR	Jul 11	758

MW (Advanced)

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-Jul 6	\$57R/\$86NR	Apr 25	\$71/\$107NR	May 9	760
Jul 11-Sep 7	\$60R/\$90NR	Jun 27	\$75R/\$113NR	Jul 11	761

TuTh (Beginner)

Date	EB Cost	Deadline	Cost	Deadline	Code
May 10-Jul 7	\$55R/\$83NR	Apr 26	\$69R/\$104NR	May 10	763
Jul 12-Sep 8	\$55R/\$83NR	Jun 28	\$69R/\$104NR	Jul 12	764

TuTh (Advanced)

Date	EB Cost	Deadline	Cost	Deadline	Code
May 10-Jul 7	\$64R/\$96NR	Apr 26	\$80R/\$120NR	May 10	766
Jul 12-Sep 8	\$64R/\$96NR	Jun 28	\$80R/\$120NR	Jul 12	767

Aqua Jog

Monday, Wednesday, Friday, 8-8:50am or
Crystal Lake Park Family Aquatic Center
Age 15+

Utilizing walking, jogging, and cross-country skiing movements in deep water, this workout is a great way to improve cardiovascular fitness and muscle tone while burning excess body fat. Studies indicate that one-half hour of aqua jogging is equal to one hour and 20 minutes of running on land, all without the joint and muscle stress of land exercise! **No classes May 30 and July 4.**

Date	EB Cost	Deadline	Cost	Deadline	Code
Jun 1-Jul 15	\$60R/\$90NR	May 18	\$75R/\$113NR	Jun 1	651
Jul 18-Sep 2	\$67R/\$101NR	Jul 5	\$84R/\$126NR	Jul 18	652

The Urbana Indoor Aquatic Center

The Urbana Park District will not offer open swim, lap swim, swimming lessons, water aerobics or pool rentals this summer at Urbana Indoor Aquatic Center. All of our aquatics programs will take place at Crystal Lake Park Family Aquatic Center.

We thank all of our loyal patrons who have used and enjoyed Urbana Indoor Aquatic Center. We invite you all to enjoy swimming this summer at Crystal Lake Park Family Aquatic Center. If you have any questions about our aquatics programs, please call the park district at 217-367-1544.

Basic Water Exercise

Tuesday, Thursday, 6-6:50am
Crystal Lake Park Family Aquatic Center
Age 15+

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 6:00am - at the Urbana Indoor Aquatic Center

Date	EB Cost	Deadline	Cost	Deadline	Code
May 10-May 26	\$20R/\$30NR	Apr 26	\$25R/\$38NR	May 10	706

TTh 6:00am

Date	EB Cost	Deadline	Cost	Deadline	Code
May 31-Jul 14	\$46R/\$69NR	May 17	\$58R/\$87NR	May 31	707
Jul 19-Sep 1	\$46R/\$69NR	Jul 5	\$58R/\$87NR	Jul 19	708

Outdoor Deep Water Aerobics

Monday, Wednesday, Friday, 6-6:50am or
Monday, Wednesday, Friday, 11-11:50am or
Tuesday, Thursday, 11-11:50am or
Monday, Wednesday, 6-6:50pm
Crystal Lake Park Family Aquatic Center
Age 15+

This class is a deep-water workout suitable for all ages and levels of fitness that will challenge both the cardiovascular and muscular systems. 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. Exercise equipment is provided. **No class May 30 and July 4.**

MWF 6-6:50am

Date	EB Cost	Deadline	Cost	Deadline	Code
Jun 1-Jul 15	\$60R/\$90NR	May 18	\$75R/\$113NR	Jun 1	732
Jul 18-Sep 2	\$67R/\$101NR	Jul 5	\$84R/\$126NR	Jul 18	733

MWF 11-11:50am

Date	EB Cost	Deadline	Cost	Deadline	Code
Jun 1-Jul 15	\$60R/\$90NR	May 18	\$75R/\$113NR	Jun 1	656
Jul 18-Sep 2	\$67R/\$101NR	Jul 5	\$84R/\$126NR	Jul 18	657

TuTh 11-11:50am

Date	EB Cost	Deadline	Cost	Deadline	Code
May 31-Jul 14	\$46R/\$69NR	May 17	\$58R/\$87NR	May 31	659
Jul 19-Sep 1	\$46R/\$69NR	Jul 5	\$58R/\$87NR	Jul 19	660

MW 6-6:50pm

Date	EB Cost	Deadline	Cost	Deadline	Code
Jun 1-Jul 13	\$38R/\$57NR	May 18	\$48R/\$72NR	Jun 1	745
Jul 18-Aug 31	\$44R/\$66NR	Jul 5	\$55R/\$83NR	Jul 18	746

Indoor Deep Water Aerobics

Monday, Wednesday, Friday 6-6:50am or
Monday, Wednesday, Friday 7-7:50am or
Monday, Wednesday, Friday 11:40-12:30pm or
Monday, Wednesday, 6-6:50pm
Urbana Indoor Aquatic Center
Age 15 and Up

This class is a deep-water workout suitable for all ages and levels of fitness that will challenge both the cardiovascular and muscular systems. 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. Exercise equipment is provided. **No class May 30.**

MWF 6-6:50am

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-May 27	\$29R/\$44NR	Apr 25	\$36R/\$54NR	May 9	732

MWF 7-7:50am

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-May 27	\$29R/\$44NR	Apr 25	\$36R/\$54NR	May 9	736

MWF 11:40am-12:30pm

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-May 27	\$29R/\$44NR	Apr 25	\$36R/\$54NR	May 9	740

MW 6-6:50pm

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-May 25	\$19R/\$29NR	Apr 25	\$24R/\$36NR	May 9	744

Fitness Programs Schedule

Phillips Recreation Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am		Totally Toning		Totally Toning	
8:00am					
9:00am	Flow Yoga		Flow Yoga		Flow Yoga
10:00am		Tai Chi	Get Fit Where You Sit™	Tai Chi	
11:00am		(10:30-11:30am - Beg)	Chair Yoga (10:15-11:05am)	(10:30-11:30am - Beg)	
12:00pm	Boot Camp	(10:30am-12pm - Adv)	H.I.I.T. Revolution	Boot Camp	H.I.I.T. Revolution
3:45pm			Zumba		Zumba
4:45pm					
5:30pm	Hard Core		Hard Core		
6:30pm	Tai Chi		Tai Chi		
7:30pm	(6:30-7:30pm-Beg)		(6:30-7:30pm-Beg)		
	(6:30-8pm-Adv)		(6:30-8pm-Adv)		

Lake House In Crystal Lake Park

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

Crystal Lake Park Family Aquatic Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Outdoor Deep	Basic Water Exercise	Outdoor Deep	Basic Water Exercise	Outdoor Deep
6:50am	Water Aerobics		Water Aerobics		Water Aerobics
8:00am	Aqua Jog		Aqua Jog		Aqua Jog
8:50am					
11:00am	Outdoor Deep	Outdoor Deep	Outdoor Deep	Outdoor Deep	Outdoor Deep
11:50am	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics
6:00pm	Outdoor Deep		Outdoor Deep		
6:50pm	Water Aerobics		Water Aerobics		

Urbana Indoor Aquatic Center - *Classes End after May 27*

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

URBANA PARK DISTRICT HIRING
FITNESS INSTRUCTORS

FOR MORE INFORMATION VISIT URBANAPARKS.ORG/JOBS

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! Injury Screening with Athletico



Select Wednesdays, 4-5:30pm
Phillips Recreation Center
Age 15+

The Urbana Park District has partnered with Athletico Physical Therapy to offer FREE monthly injury assessments! During select days and times, Athletico Physical Therapy staff will be at the Phillips Recreation Center to offer 20-minute free injury assessments. Please call 217-352-3330 to reserve your appointment.

- May 18
- July 20
- August 17

FREE! Financial Well-Being



Tuesday, August 16, 5:30-6:30pm
Phillips Recreation Center
Age 15+

Nicole Kingery, financial advisor for Edward Jones, will be teaching this workshop covering topics applying to financial wellness.

August 16: Leave it, Move it, Roll it, Take it

This workshop is designed to help you learn how to handle your 401(k), pension or other employer-sponsored retirement plan when you leave a job. Light snacks will be provided.

Date	Deadline	Code
Aug 16	Aug 15	611

Cooking Demo with Ann Swanson



Tuesdays, 6-7:30pm
Phillips Recreation Center
Age 15+

May 17: Cooking with Spring's finest ingredients. Learn what is coming off the farm in May and how to prepare a simple dinner highlighting using all local ingredients.

July 12: Summer is here!!! Learn different ways to create fun, refreshing snacks using local watermelon.

Date	Cost	Deadline	Code
May 17	\$18R/\$27NR	May 13	612
Jul 12	\$18R/\$27NR	Jul 8	613

FREE! Posture Workshop with Athletico



Monday, July 25, 5:30-6:30pm
Phillips Recreation Center
Age 15+

With the progression of technology, everyone is spending more time on computers and phones than ever before. In this workshop, Athletico Physical Therapy staff will cover ergonomics, exercises to help with poor posture, and techniques/modifications to make in order to reduce the stress from poor posture.

Date	Deadline	Code
Jul 25	Jul 24	614

Community Bike Activities

Beginning Bicycling for Adults

April 9th 1:30-4:00pm
Parking Lot Behind 25 O'Clock Brewery
(Enter off Race just south of the RR tracks)
390 Race

Want to bike more, but lack confidence? This is a course for adult cyclists who know how to bicycle but want to learn basic safety skills. The class will include learning proper riding techniques for riding safely in and out of traffic as well as Illinois Rules of the Road for bicyclists. This class is free, but preregistration is required. Use this link for registration: https://bikeleague.secure.force.com/lab_events?id=a0k8Y00000ZUzFQQA1

Bike to School Day

Wednesday, May 4 | Various Locations

Join us this May by planning a Bike Train to your school for May 4th! Register to receive a free Bike Month t-shirt (t-shirt supplies are limited so sign up early), bicycle safety information, and a bike to school reflector.

More information: <https://fb.me/e/bhAnbO85J>
For registration:
<https://forms.gle/9zVETQD2QJQ8s47E9>

Mother's Day Ride

Friday, May 8, 2-4pm
Meet at Anita Purves Nature Center Parking Lot

Join us to honor moms, and all people, who help us nurture our children on this Mother's Day Ride. We will meet on the southern end of the parking lot at Anita Purves Nature Center, bike through Crystal Lake Park, cycle to Bake Lab for a treat, visit Carle Park, and bike back.

More information: <https://fb.me/e/27nPxctE9>

For more events, rides, classes, and fun during Bike Month check the C-U Bike Month website at <http://cubikemonth.weebly.com>.

Ride of Silence

Wednesday, May 18, 6-8pm
Meeting Location To Be Determined

On May 18, 2022 at 6:00 PM, the Ride of Silence will traverse and unite the globe as cyclists take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. More information can be found here: <https://fb.me/e/o5aONh9So>

Smart Cycling 101

Saturday, June 4, 12:30-5pm
MTD Training Facility, 1207 E. University Ave

This class will teach you emergency maneuvers, roadway safety skills and more. It is a two-part class with an online classroom portion and a 4.5 hour on-bike skills portion.

More information and registration can be found here: https://bikeleague.secure.force.com/lab_events?id=a0k8Y00000ZUzDhQAL

