

About the Team

The Fitness Center's instructors are certified or currently working towards certification by one or more of the leading certification programs, including ACE, AFAA, ACSM, and NSCA ensuring the highest standard of quality in every class. In addition, many of our instructors are also certified for specialty instruction from organizations such as The Physical Mind Institute, Yogafit, TurboKick, Johnny G Spinning and Zumba. These professionals are committed to bringing you the best in innovative programming along with traditional industry favorites.

Wendy Barker
Tyra Beard
Casey Coon
Laura Czys
Elana Hassell
Lisa Hoppe
Melissa Jokisch
Jack McVicker
Linda Middleton
Thom Miller
Lisa Moraski
Peg Olson
April Stark
Marcia Stevens

Brooke Summers
Lisa Sullivan
Joelle Walden
Jenna Weglarz-Ward
Mark Wetzel
Steve Willette
GG Yore
Kelley Young
Stephanie Ziegler
Stephanie Zoch

Group Fitness Schedule Spring 2010

January 4, 2010
through
May 30, 2010



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Champaign, IL 61821
(217) 356-1616
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Class Descriptions

ABC (Absolute Body Conditioning)

This unique fusion of cardio, strength training and athletic drills is the ultimate fitness challenge. May go outside weather permitting.

AWESOME ARMS

A 30 minute workout designed to develop, shape and tone the shoulders and arms.

BALANCE

Balance is one of the first components people lose as they age. This class will strengthen the core muscles while enhancing balance and coordination.

BODY BLAST

This complete body workout combines sports-inspired hi/lo cardio training with strength and resistance conditioning for a maximum calorie burning experience.

GROUP CYCLING

Feel the rhythm and the power in this low-impact, high energy cardio workout on the bike set to energizing music.

DRUMS ALIVE!

The rhythm is gonna move you! Drums Alive is an innovative workout combining drumming with a cardio workout. Drum sticks are provided.

HEALTHY BACKS

Strength and stretching exercises to ensure a strong back and core.

KICKBOXING

An intense cardio workout that combines boxing and kickboxing techniques with athletic drills.

MCVICKER'S MARTIAL ARTS - \$

We teach Bruce Lee's Jeet Kune Do Concepts and Brazilian Jiu-Jitsu. Learn personal defense while increasing your overall fitness.

PILATES (MAT WORK)

Improve your core strength, postural alignment and condition your entire body.

PURE ENERGY HIGH/LOW

An energetic cardio workout combining a blend of traditional high/lo moves and progressive choreography to keep you moving.

STEP

A creative cardio workout utilizing steps with multiple levels of intensity and choreography.

TEAM STRENGTH

A powerful session of resistance training involving a variety of equipment such as resistance bands and dumbbells to strengthen and tone your body.

TEAM STRENGTH EXTREME (TSX)

A muscle building, calorie exploding workout. Team Strength to the EXTREME!

THE ABS CLASS

Strengthen and develop your mid section. This class is dedicated to great abs and a healthy back!

TURBOKICK

Kickboxing interval class designed for a cardio-pumping muscle-defining workout. This empowering, athletic workout is combined with great music and high energy to keep you moving and feeling fit.

YOGA

Relax, strengthen and soothe the body and mind while focusing on elongation, alignment, and breathing. This class is beginner friendly, yet challenging for those with yoga experience.

YOGA (SUNRISE & HATHA)

Stimulate and renew the body, mind and spirit through sun salutations by focusing on increased flexibility, balance and strength. Modifications provided for all participants.

YOLATES

Experience all the benefits of yoga and Pilates in this fusion class. All fitness levels welcome!

YOUNG AT HEART (YAH)

A low to moderately intense, 45 minute cardio conditioning workout for the young at heart senior.

ZUMBA

Dance your way to a fitter you! Exciting and unique Latin choreography and rhythms are combined with hip hop and international music to make a workout that is fun every time. If you can march, you can Zumba!

Group Fitness Programs

January 4, 2010 to May 30, 2010

The Fitness Center offers more than **75** classes each week. All classes are for members 13 years of age and above. To achieve the maximum benefits we encourage members to cross train, participating in a variety of classes, exercising at a comfortable yet challenging level. Some classes may include advanced movements that are not recommended for those new to exercise or with certain medical conditions.

Please notify the instructor if you are new to the class or have any physical or medical limitations prior to the start of class.

Warm-up and cool down periods are important to achieve the full benefit and safety of each class. Therefore, we recommend you participate in the entire class.

Bikes for Group Cycling and space for Pilates can be reserved at the front desk one hour prior to class. For safety, Step, Team Strength and TSX classes are limited to the number of benches in each studio. Do not move benches from studio to studio.

Studios may be used when classes are not scheduled. Stereo equipment is for staff use only.

If you have comments or suggestions please fill out a comment card located at the front desk or contact me at Thomm@fitcen.com.

Thom Miller, *Director of Group Fitness*
Lisa Moraski, *Group Fitness Coordinator*

HAVE A GREAT WORKOUT!

Fitness Etiquette

- Please arrive on time for your class. If you must arrive late go to an empty space in the room instead of making people move to accommodate you.
- Keep talking to a minimum so not to distract the rest of the class.
- If you wish to modify a routine please do so in the least obtrusive way.
- Grab a sweat towel from the front desk to wipe off any equipment you use during a class.
- Please turn cell phones to vibrate.
- Hand sanitizer is available in each studio.

Monday

Time	Class	Studio	Instructor
6:00 - 6:55	Zumba	A	Lisa H
8:00 - 8:45	YAH	B	Lisa S
8:15 - 9:15	Pure Energy	A	GG
8:15 - 9:00	Group Cycling	C	April
8:50 - 9:20	Healthy Backs	B	Lisa S
9:30 - 10:30	Body Blast	A	Melissa
9:30 - 10:25	TurboKick	B	Brooke
10:35 - 10:55	The ABS Class	A	Melissa
10:30 - 11:30	Yoga	B	Lisa S
12:10 - 1:00	Team Strength	B	Lisa S
4:00 - 5:00	Interval Step	A	Peg
4:30 - 5:30	Step	B	Marcia
5:10 - 5:30	The ABS Class	A	Peg
5:45 - 6:30	Group Cycling	C	Laura
5:45 - 6:45	Zumba	B	Jenna
5:45 - 6:45	Pure Energy	A	Peg
7:00 - 8:00	Team Strength	B	Marcia

Thursday

Time	Class	Studio	Instructor
6:00 - 6:55	Group Cycling	C	Peg
7:15 - 8:15	Sunrise Yoga	A	Steve
8:30 - 9:30	Team Strength	B	Marcia
8:30 - 9:30	Step	A	Thom
8:45 - 9:30	Group Cycling	C	Laura
9:35 - 10:30	*Pilates	A	Lisa S
9:35 - 10:35	Zumba	B	Jill
10:35 - 12:00	Yoga	A	Lisa S
5:30 - 6:30	TurboKick	B	Jenna
5:45 - 6:30	Group Cycling	C	Casey
6:35 - 6:55	The ABS Class	B	Casey
7:00 - 8:00	Yoga	B	Joelle

Tuesday

Time	Class	Studio	Instructor
6:00 - 6:50	Team Strength	B	Casey
7:15 - 8:15	Sunrise Yoga	A	Steve
8:30 - 9:30	Step	A	Marcia
8:30 - 9:30	Team Strength	B	April
8:45 - 9:30	Group Cycling	C	Tyra
9:35 - 10:35	ABC	B	Wendy
9:35 - 10:30	*Pilates	A	Lisa S
10:35 - 11:35	Yolates	A	Lisa S
12:10 - 1:00	TurboKick	B	Brooke
5:30 - 6:30	Step	A	Thom
5:30 - 6:30	TurboKick	B	Jenna
6:35 - 6:55	The ABS Class	A	Thom
5:45 - 6:30	Group Cycling	C	Lisa H
7:00 - 8:00	Pilates	B	Casey
7:00 - 9:00	McVicker's - \$	A	Jack

On occasion, instructor substitutions may be necessary. All instructors and classes are subject to change.

Friday

Time	Class	Studio	Instructor
6:00 - 6:55	Kickboxing	A	Mark
8:00 - 8:45	YAH	B	Thom
8:15 - 9:00	Group Cycling	C	Wendy
8:15 - 9:15	TurboKick	A	Brooke
8:50 - 9:20	Balance	B	Thom
9:30 - 10:30	TSX	B	Brooke
9:30 - 10:30	Zumba	A	Lisa S
10:35 - 10:55	The ABS Class	B	Brooke
12:10 - 1:00	Group Cycling	C	Linda
4:30 - 5:30	Step	B	Marcia
5:30 - 6:30	Pure Energy	A	Peg
5:45 - 6:45	Zumba	B	Thom

\$ Additional fee required.

*Pilates class limited to 20 participants. Reserve space at front desk 1 hour prior to class.
New to Group Fitness? Just let the instructor know.

Wednesday

Time	Class	Studio	Instructor
6:00 - 6:50	TurboKick	A	Lisa H
8:00 - 8:45	YAH	A	Lisa M
8:15 - 9:15	Zumba	B	Lisa S
8:50 - 9:20	Healthy Backs	A	Lisa M
9:30-10:00	Awesome Arms	A	Lisa M
9:30 - 10:30	Body Blast	B	Melissa
12:10 - 1:00	TSX	B	Brooke
4:30 - 5:30	ABC	B	Peg
5:45 - 6:45	Step	B	Marcia
5:45 - 6:45	Zumba	A	Lisa H
5:45 - 6:45	Group Cycling	C	Mark
7:00 - 8:00	TurboKick	B	S. Ziegler
7:00 - 8:00	Hatha Yoga	A	Steve

Saturday

Time	Class	Studio	Instructor
8:00 - 9:00	TurboKick	B	STAFF
8:00 - 9:00	Step	A	STAFF
8:00 - 9:00	Group Cycling	C	STAFF
9:05 - 9:25	The Abs Class	B	STAFF
9:30 - 10:30	TSX	B	Jenna
9:15 - 10:45	Hatha Yoga	A	Steve
10:35 - 11:20	Zumba/Drums	B	Jenna
11:00 - 1:00	McVicker's - \$	A	Jack

Sunday

Time	Class	Studio	Instructor
9:15 - 10:15	Pure Energy	A	Lisa H/Peg
5:00 - 6:00	Step	B	Peg
6:30 - 7:45	Yolates	B	Joelle