

About Our Team

All Fitness Center instructors are certified or currently working towards certification by one or more of the leading certification programs, including AFAA, ACSM, and NSCA ensuring the highest standard of quality in every class. 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. All instructors are CPR/AED trained. These professionals are committed to bringing you the best in innovative programming along with traditional industry favorites.

Wendy Barker	April Stark
Deborah Cohen	Marcia Stevens
Laura Czys	Brooke Summers
Laurie Ellsworth	Lisa Sullivan
Jenn Gartside	Joelle Walden
Lisa Hoppe	Jenna Weglarz-Ward
Jack McVicker	Mark Wetzal
Linda Middleton	Ed Wilhite
Thom Miller	Steve Willette
Lisa Moraski	Kelley Young
Peg Olson	

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

Thom Miller
Fitness Director

ENJOY YOUR WORKOUT!

NEW
Hip Hop Hustle
Young At Heart Yoga

Group Fitness Schedule SPRING 2012

January 9, 2012
To
June 3, 2012



2508 S. Galen Dr.
Champaign, IL 61821
(217) 356-1616
Fax (217) 356-7920
www.fitcen.com

Class Descriptions

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. (20 Minutes)

GROUP CYCLING (GC)

Feel the rhythm and the power in this low-impact, high energy cardio workout on the bike set to energizing music. Classes are taught in two lengths (45 or 60 minute). See schedule for length of class.

HEALTHY BACKS

Strength and stretching exercises to ensure a strong back and core. (20 Minutes)

HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.)

Timed intervals of high intensity balanced with active recovery periods. Stations and team work will be utilized. Just H.I.I.T. IT!

HIP HOP HUSTLE

"HHH" is a combination of high-energy dance moves and great music. This high-energy workout will push your cardio workout to new heights.

MCVICKER'S MARTIAL ARTS - [S]

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.

STEP

A creative cardio workout utilizing the Original Step 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! (20 Minutes)

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 (SUNRISE, HATHA & FLOW)

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 cardio conditioning workout for the young at heart senior. (45 Minutes)

YOUNG AT HEART YOGA (YAH YOGA)

A gentle yoga class involving the use of a chair for seated postures and as an option for balance poses. (60 Minutes)

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 9, 2012 to June 3, 2012

The Fitness Center offers more than **75** classes each week. Classes are for members 13 years of age and above. For maximum benefits we encourage members to cross train, participating in a variety of classes. 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 of the class. Therefore, we recommend members participate for the entire class.

For your safety, class sizes are limited. Signs are posted outside each studio outlining maximum capacities. Each studio has a set number of steps. ***Do not move steps from studio to studio! When the steps are gone, the class is full.**

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

Fitness Etiquette

- For the comfort of those around you, please wash your workout clothes regularly and the use of deodorant is greatly appreciated.
- If you arrive late for a class go to an empty space in the room.
- Please turn cell phones to vibrate and take calls in the hallway.
- Keep talking to a minimum so not to distract the class or the instructor.
- If you wish to modify a routine please do so in the least obtrusive way.
- Sweat towels are available at the front desk. Please wipe off all equipment you use.
- Disinfectant (APC) & Hand sanitizer is available in each studio.
- Please bring your own mats for Yoga and Pilates.
- Open cups are not allowed in ANY studio. Sealed containers may be used.
- *Ask how to get a free Fitness Center water bottle.

Monday

Time	Class	Studio	Instructor
6:00 - 6:55	Zumba	B	Lisa H
8:15 - 9:00	YAH	A	Lisa M
8:45 - 9:45	GC - 60	C	April
8:20 - 9:20	TSX	B	Jenn
9:05 - 9:25	Healthy Backs	A	Lisa M
9:30 -10:30	TurboKick	B	Jenn
9:30 -10:30	Step	A	Lisa M
12:10 - 1:00	Yoga	B	Steve
4:30 - 5:25	H.I.I.T.	A	Peg
4:30 - 5:30	Step	B	Marcia
5:30 - 6:30	GC - 60	C	Laura
5:30 - 6:30	Yoga	A	Steve
5:45 - 6:45	Zumba	B	Jenna
6:35 - 6:55	Healthy Backs	A	Laura
7:00 - 8:00	Team Strength	B	Marcia

Thursday

Time	Class	Studio	Instructor
6:00 - 6:55	TSX	B	Deb
8:20 - 9:20	Step	B	Thom
8:15 - 9:00	GC - 45	C	Brooke
8:15 - 9:15	YAH Yoga	A	Steve
9:30 - 10:30	Team Strength	B	Marcia
9:30 - 10:30	Pilates	A	Lisa S
10:35 - 12:00	Yoga	A	Lisa S
12:10 - 12:55	GC - 45	C	Ed
5:30 - 6:30	TurboKick	B	Jenna
6:35 - 6:55	The ABS Class	B	Jenna
7:00 - 8:00	Yoga	B	Joelle
7:00 - 8:00	TSX	A	Laurie

Tuesday

Time	Class	Studio	Instructor
6:00 - 6:55	Team Strength	B	Laura
7:00 - 8:00	Yoga	A	Steve
8:20 - 9:20	Step	B	Marcia
8:30 - 9:30	GC - 60	C	Linda
8:15 - 9:15	YAH Yoga	A	Steve
9:30 - 10:30	Pilates	A	Lisa S
9:30 - 10:30	Team Strength	B	Laurie
10:35 - 11:35	Yoga	A	Lisa S
12:10 - 1:00	Zumba	B	Lisa S
5:30 - 6:30	Step	B	Thom
5:30 - 6:30	TurboKick	A	Brooke
5:45 - 6:30	GC - 45	C	Mark
6:35 - 6:50	The ABS Class	B	Thom
7:00 - 8:00	Pilates	B	Thom
7:00 - 9:00	McVicker's [\$]	A	Jack

Friday

Time	Class	Studio	Instructor
6:00 - 6:45	GC - 45	C	Mark
8:15 - 9:00	YAH	A	Lisa S
8:15 - 9:15	TurboKick	B	Brooke
8:45 - 9:30	GC - 45	C	Wendy
9:05 - 9:25	Balance	A	Lisa S
9:30 - 10:30	Zumba	B	Lisa S
9:30 - 10:30	TSX	A	Kelley
12:10 - 1:00	TSX	B	Jenn
4:30 - 5:30	Step	B	Marcia
5:45 - 6:45	Zumba	B	Thom

\$ Additional fee required.

**Pilates is limited to 20 participants.

*Bikes for Group Cycling can be reserved at the front desk (1) hour prior to class.

Wednesday

Time	Class	Studio	Instructor
6:00 - 6:55	Hip Hop Hustle	B	Lisa H
8:15 - 9:15	Zumba	B	Lisa S
8:30 - 9:30	Step	A	Kelley
8:15 - 9:00	GC - 45	C	Brooke
9:30-10:30	Zumba	A	Laurie
9:30 - 10:30	H.I.I.T.	B	Wendy
12:10 - 1:00	TSX	B	Lisa S
4:30 - 5:30	H.I.I.T.	B	Peg
5:30 - 6:30	TSX	A	Peg
5:45 - 6:45	Step	B	Marcia
5:30 - 6:30	GC-60	C	Ed
6:35 - 6:55	Healthy Backs	A	Ed
7:00 - 8:00	Zumba	B	Lisa H

At times instructor substitutions are necessary. All instructors and classes are subject to change. Up to date schedule changes may be found at www.fitcen.com

Saturday

Time	Class	Studio	Instructor
8:00 - 9:00	Hip Hop Hustle	A	Lisa H
8:00 - 9:00	TurboKick	B	Jenn
8:00 - 9:00	GC - 60	C	Staff
9:05 - 9:25	The ABS Class	B	Staff
9:15 -10:45	Hatha Yoga	A	Steve
9:30 -10:30	TSX	B	Jenna
10:35 -11:35	Zumba	B	Jenna
11:00 - 1:00	McVicker's [\$]	A	Jack

Sunday

Time	Class	Studio	Instructor
1:00 - 2:00	TSX	B	Thom
4:00 - 5:00	Step	B	Peg
5:15 - 6:15	Yolates	B	Joelle