

FITNESS CONNECTION

2012 Spring Fitness Schedule



Your Place to Play!

QUESTIONS

217-352-6044
www.champaignparkdistrict.com
www.savoyrecreationcenter.com



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10-6:55am	Turbo Kick™		Turbo Kick™		Turbo Kick™		
8:30-9:15am	Core & More		Core & More		Core & More	1 Minute Interval Training	
	Fitness for All		Fitness for All		Fitness for All		
9-9:45am	Body-Bar Express Strength	Walk-Fit Interval Training	Body-Bar Express Strength	Walk-Fit Interval Training	Body-Bar Express Strength	Hi/Lo Fusion (9-10) <i>Rena Leake, Instructor</i>	
10-10:45am	CardioMix	Zumba Gold®	CardioMix	Zumba Gold®	CardioMix		
		Yoga-lates		Yoga-lates			
11-11:45am	Forever Fit		Forever Fit		Forever Fit		
12:10-12:50pm	Butts & Guts		Butts & Guts		Butts & Guts		
5:30-6:15pm		Hatha Yoga <i>Pat Casey, Instructor</i>		Hatha Yoga <i>Pat Casey, Instructor</i>			Zumba® (5-6)
	CardioMix	F.I.T. Boot Camp	CardioMix	F.I.T. Boot Camp	CardioMix		
		Turbo Kick™ (5:45-6:30)		Turbo Kick™ (5:45-6:30)			
6-7pm		5K Training		5K Training			
6:30-7:15pm	Core & More <i>Rena Leake, Instructor</i>	Zumba® (6:30-7:30)	Core & More <i>Rena Leake, Instructor</i>	Zumba® (6:30-7:30)			
	Cardio Kickboxing	Yoga-lates	Cardio Kickboxing	Yoga-lates			
7:30-8:30pm	Hi/Lo Fusion <i>Rena Leake, Instructor</i>	Yoga-lates (7:45-8:30)	Hi/Lo Fusion <i>Rena Leake, Instructor</i>	Yoga-lates (7:45-8:30)			
	Zumba® Toning		Zumba® Toning				

 Savoy Recreation Center
 402 Graham Dr, Savoy
 217-359-3550

 Springer Cultural Center
 301 N. Randolph St, Champaign
 217-398-2376

 Leonhard Recreation Center
 2212 W. Sangamon Dr, Champaign
 217-398-2571