

The age for most Fitness Classes is 15+ (unless noted otherwise). A younger child may register for a class if they are accompanied by a registered parent/guardian.

## Be a part of our Fitness Connection!

The Champaign Park District and Savoy Recreation Center have partnered so that Savoy residents can take Champaign Park District group fitness classes at the resident rate and Champaign Park District residents can take Savoy Recreation Center group fitness classes at the resident rate. Check out the variety of new classes with locations and times that work with your schedule!



## FREE WEEK OF CLASSES

JANUARY 2-8

### SPRING FITNESS KICK-OFF!

Please join us for a free week of classes! That's right, a free week to kick off your Spring fitness schedule. Most group fitness classes will be free during the week of January 2-8. Sorry, no free classes for Limber Up! Liven Up! On & Off Chairs or Morning Water Aerobics.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-6:45am	Turbo Kick™	F.I.T. Boot Camp	Turbo Kick™	F.I.T. Boot Camp	Turbo Kick™		
8:30-9:15am	Core & More		Core & More		Core & More		
	Fitness for All (8:30-9)	CardioMix (8:15-9:15)	Fitness for All (8:30-9)	CardioMix (8:15-9:15)	Fitness for All (8:30-9)	1 Minute Body Sculpt	
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)	
9:30-10:15am	Morning Water Aerobics (9:45-10:15)	Limber Up! Liven Up! On & Off Chairs			Morning Water Aerobics (9:45-10:15)		
10-10:45am		Butts & Guts		Butts & Guts			
		Yoga-lates		Yoga-lates			
				Baby & Me			
11-11:45am	Forever Fit	Senior Strengtheners	Forever Fit	Senior Strengtheners	Forever Fit		
12:10-12:50pm	Butts & Guts	PiYo™	Butts & Guts	PiYo™	Butts & Guts		
	Core & More		Core & More				
2-2:45pm							1 Minute Body Sculpt
4-4:45pm	Bigger, Faster, Stronger		Bigger, Faster, Stronger				
4:30-5:15pm	Teen Tone & Dance	1 Minute Body Sculpt		1 Minute Body Sculpt	Teen Tone & Dance		
5:30-6:15pm	1 Minute Body Sculpt	CardioMix	1 Minute Body Sculpt	CardioMix			
	CardioMix	F.I.T. Boot Camp	CardioMix	F.I.T. Boot Camp	CardioMix		
		Strength, Flexibility & Stretch		Strength, Flexibility & Stretch			
6-6:45pm		Butts & Guts		Butts & Guts			
		5K Training		5K Training			
6:30-7:15pm	Core & More	Zumba® (6:30-7:30)	Core & More	Zumba® (6:30-7:30)			
	Cardio Kickboxing	Stretching @ Savoy	Cardio Kickboxing	Stretching @ Savoy			
7:30-8:30pm	Hi/Lo Fusion	Dance Fitness (7:45-8:30)	Hi/Lo Fusion	Dance Fitness (7:45-8:30)			

**Savoy Recreation Center**  
402 Graham Drive  
Savoy, IL  
217-359-3550

**Springer Cultural Center**  
301 N. Randolph Street  
Champaign, IL  
217-398-2376

**Leonhard Recreation Center**  
2212 W. Sangamon Drive  
Champaign, IL  
217-398-2571

**Hays Recreation Center**  
1311 W. Church Street  
Champaign, IL  
217-398-2580

**Douglass Annex**  
804 N. Fifth Street  
Champaign, IL  
217-398-2572



## F.I.T. BOOT CAMP

This intense workout will take you through a variety of cardio and strength exercises. Running, agility drills, weight training, and flexibility will be a part of this program. This class is a great way to increase your metabolism, decrease body fat and build strength and endurance. Get ready to work hard!

Date	Day	Time	Location	Fee (R/NR)	Class ID
1/12-2/11	Tu/Th	6-6:45am	Springer Cultural Center	\$33/\$49.50	440916-A1
2/16-3/18	Tu/Th	6-6:45am	Springer Cultural Center	\$33/\$49.50	440916-A2
3/23-4/22	Tu/Th	6-6:45am	Springer Cultural Center	\$33/\$49.50	440916-A3
4/27-5/27	Tu/Th	6-6:45am	Springer Cultural Center	\$33/\$49.50	440916-A4
1/12-2/11	Tu/Th	5:30-6:15pm	Savoy Recreation Center	\$33/\$49.50	440916-A5
2/16-3/18	Tu/Th	5:30-6:15pm	Savoy Recreation Center	\$33/\$49.50	440916-A6
3/23-4/22	Tu/Th	5:30-6:15pm	Savoy Recreation Center	\$33/\$49.50	440916-A7
4/27-5/27	Tu/Th	5:30-6:15pm	Savoy Recreation Center	\$33/\$49.50	440916-A8

## CARDIOMIX

Cardiovascular and toning workout featuring a variety of easy-to-follow exercises that can be modified to your own level. You will also tone, strengthen and stretch those muscles as you decrease stress and increase energy!

Date	Day	Time	Location	Fee (R/NR)	Class ID
1/11-2/12	M/W/F	5:30-6:15pm	Savoy Recreation Center	\$49/\$73.50	440915-A1
2/15-3/19	M/W/F	5:30-6:15pm	Savoy Recreation Center	\$49/\$73.50	440915-A2
3/22-4/23	M/W/F	5:30-6:15pm	Savoy Recreation Center	\$49/\$73.50	440915-A3
4/26-5/28	M/W/F	5:30-6:15pm	Savoy Recreation Center	\$49/\$73.50	440915-A4
1/12-2/11	Tu/Th	8:15-9:15am	Leonhard Recreation Center	\$25/\$37.50	440915-A5
2/16-3/18	Tu/Th	8:15-9:15am	Leonhard Recreation Center	\$25/\$37.50	440915-A6
3/23-4/22	Tu/Th	8:15-9:15am	Leonhard Recreation Center	\$25/\$37.50	440915-A7
4/27-5/27	Tu/Th	8:15-9:15am	Leonhard Recreation Center	\$25/\$37.50	440915-A8
1/12-2/11	Tu/Th	5:30-6:15pm	Springer Cultural Center	\$33/\$49.50	440915-A9
2/16-3/18	Tu/Th	5:30-6:15pm	Springer Cultural Center	\$33/\$49.50	440915-B1
3/23-4/22	Tu/Th	5:30-6:15pm	Springer Cultural Center	\$33/\$49.50	440915-B2
4/27-5/27	Tu/Th	5:30-6:15pm	Springer Cultural Center	\$33/\$49.50	440915-B3

## CARDIO KICKBOXING

Develop new skills and a strong core as you burn a ton of calories in this fierce but fun kickboxing class. Easy-to-follow combinations of upper-body strikes, lower-body strikes, blocks, and athletic drills make up this killer cardio workout.

Date	Day	Time	Location	Fee (R/NR)	Class ID
1/11-2/10	M/W	6:30-7:15pm	Savoy Recreation Center	\$33/\$49.50	440913-A1
2/15-3/17	M/W	6:30-7:15pm	Savoy Recreation Center	\$33/\$49.50	440913-A2
3/22-4/21	M/W	6:30-7:15pm	Savoy Recreation Center	\$33/\$49.50	440913-A3
4/26-5/26	M/W	6:30-7:15pm	Savoy Recreation Center	\$33/\$49.50	440913-A4

## ZUMBA®

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Achieve long term benefits while experiencing an absolute blast in a workout of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate!

Date	Day	Class ID
1/12-2/11	Tu/Th	440902-A1
2/16-3/18	Tu/Th	440902-A2
3/23-4/22	Tu/Th	440902-A3
4/27-5/27	Tu/Th	440902-A4

**Time:** 6:30-7:30pm  
**Location:** Springer Cultural Center  
**Fee (R/NR):** \$33/\$49.50

## FITNESS FOR ALL

Start your day with an energetic, upbeat class that is sure to get your body moving with low impact movements. This class is a great workout for all levels of fitness enthusiasts and combines cardiovascular training and toning exercises, for a total body workout.

Date	Day	Class ID
1/11-2/12	M/W/F	440922-A1
2/15-3/19	M/W/F	440922-A2
3/22-4/23	M/W/F	440922-A3
4/26-5/28	M/W/F	440922-A4

**Time:** 8:30-9am  
**Location:** Leonhard Recreation Center  
**Fee (R/NR):** \$19/\$28.50

## WALK-FIT INTERVAL TRAINING

Increase your metabolism, decrease fat and build strength in this class using resistant bands, dumbbells and your own body weight. This interval class will include walking and weight training for a whole body workout.

Date	Day	Class ID
1/12-2/11	Tu/Th	440918-A1
2/16-3/18	Tu/Th	440918-A2
3/23-4/22	Tu/Th	440918-A3
4/27-5/27	Tu/Th	440918-A4

**Time:** 9-9:45am  
**Location:** Savoy Recreation Center  
**Fee (R/NR):** \$33/\$49.50

## DANCE FITNESS

Get fit and stay energized with this combination of modern dance and strength conditioning! Our instructor will lead participants – dancers and non-dancers alike – in a fun workout that will provide cardio training through dance movements as well as strengthening with hand weights or other equipment and stretching for flexibility. If you want to dance for fun and fitness, check out this class!

Date	Day	Class ID
1/12-2/11	Tu/Th	440910-A1
2/16-3/18	Tu/Th	440910-A2
3/23-4/22	Tu/Th	440910-A3
4/27-5/27	Tu/Th	440910-A4

**Time:** 7:45-8:30pm

**Location:** Springer Cultural Center

**Fee (R/NR):** \$33/\$49.50



## PIYO™

PiYo™ is an athletic Pilates/Yoga fusion style strength and flexibility mat class. It combines energetic, powerful moves into a fluid, challenging workout for everyone. You will build strength and flexibility and improve balance. Modifications and progressions are demonstrated at each class to ensure success for all participants.

Date	Day	Class ID
1/12-2/11	Tu/Th	440931-A1
2/16-3/18	Tu/Th	440931-A2
3/23-4/22	Tu/Th	440931-A3
4/27-5/27	Tu/Th	440931-A4

**Time:** 12:10-12:50pm

**Location:** Springer Cultural Center

**Fee (R/NR):** \$33/\$49.50

# Free Week of Group Fitness Classes

JANUARY 2-8

## HI/LO FUSION

An energetic, upbeat aerobics class that is sure to get your body moving with high and low impact movements. A great workout for all levels of fitness enthusiasts, this class combines cardiovascular training and toning exercises, for a superior total body workout.

Date	Day	Time	Location	Fee (R/NR)	Class ID
1/11-2/10	M/W	7:30-8:30pm	Springer Cultural Center	\$33/\$49.50	440921-A5
2/15-3/17	M/W	7:30-8:30pm	Springer Cultural Center	\$33/\$49.50	440921-A6
3/22-4/21	M/W	7:30-8:30pm	Springer Cultural Center	\$33/\$49.50	440921-A7
4/26-5/26	M/W	7:30-8:30pm	Springer Cultural Center	\$33/\$49.50	440921-A8
1/9-2/6	Sa	9-10am	Springer Cultural Center	\$16/\$24	440921-A9
2/13-3/13	Sa	9-10am	Springer Cultural Center	\$16/\$24	440921-B1
3/20-4/17	Sa	9-10am	Springer Cultural Center	\$16/\$24	440921-B2
4/24-5/22	Sa	9-10am	Springer Cultural Center	\$16/\$24	440921-B3

## BODY-BAR EXPRESS STRENGTH

This strengthening workout will use the body bar and dumbbells to improve your total body strength. A great way to build muscle and lose fat.

Date	Day	Time	Location	Fee (R/NR)	Class ID
1/11-2/12	M/W/F	9-9:45am	Savoy Recreation Center	\$49/\$73.50	440919-A1
2/15-3/19	M/W/F	9-9:45am	Savoy Recreation Center	\$49/\$73.50	440919-A2
3/22-4/23	M/W/F	9-9:45am	Savoy Recreation Center	\$49/\$73.50	440919-A3
4/26-5/28	M/W/F	9-9:45am	Savoy Recreation Center	\$49/\$73.50	440919-A4

## TURBO KICK™

Turbo Kick™ is a high energy class that mixes aerobics with martial arts with hip-hop. This class is interval based and is good for participants of any fitness level. Expect lots of upper cuts, jabs and jumps, along with kicks! You'll burn 100's of calories while working the whole body! A great, new and fun way to workout!

Date	Day	Time	Location	Fee (R/NR)	Class ID
1/11-2/12	M/W/F	6-6:45am	Springer Cultural Center	\$49/\$73.50	440914-A1
2/15-3/19	M/W/F	6-6:45am	Springer Cultural Center	\$49/\$73.50	440914-A2
3/22-4/23	M/W/F	6-6:45am	Springer Cultural Center	\$49/\$73.50	440914-A3
4/26-5/28	M/W/F	6-6:45am	Springer Cultural Center	\$49/\$73.50	440914-A4

## BUTTS & GUTS

An intense workout for your abdominal muscles, including core conditioning/stabilization work combined with isolation exercises designed to give you abs and buns of steel. A great workout to isolate and tone those problem areas.

Date	Day	Time	Location	Fee (R/NR)	Class ID
1/11-2/12	M/W/F	12:10-12:50pm	Savoy Recreation Center	\$49/\$73.50	440920-A1
2/15-3/19	M/W/F	12:10-12:50pm	Savoy Recreation Center	\$49/\$73.50	440920-A2
3/22-4/23	M/W/F	12:10-12:50pm	Savoy Recreation Center	\$49/\$73.50	440920-A3
4/26-5/28	M/W/F	12:10-12:50pm	Savoy Recreation Center	\$49/\$73.50	440920-A4
1/12-2/11	Tu/Th	10-10:45am	Douglass Annex	\$20/\$30	440920-A5
2/16-3/18	Tu/Th	10-10:45am	Douglass Annex	\$20/\$30	440920-A6
3/23-4/22	Tu/Th	10-10:45am	Douglass Annex	\$20/\$30	440920-A7
4/27-5/27	Tu/Th	10-10:45am	Douglass Annex	\$20/\$30	440920-A8
1/12-2/11	Tu/Th	6-6:45pm	Douglass Annex	\$20/\$30	440920-A9
2/16-3/18	Tu/Th	6-6:45pm	Douglass Annex	\$20/\$30	440920-B1
3/23-4/22	Tu/Th	6-6:45pm	Douglass Annex	\$20/\$30	440920-B2
4/27-5/27	Tu/Th	6-6:45pm	Douglass Annex	\$20/\$30	440920-B3

## FITFLEX COUPON BOOKS

Want the flexibility of attending a variety of group fitness classes when it meets your schedule? FITflex coupon books are available that will allow you to attend any of these classes when you choose. Coupon books are \$44/\$66 (Resident/Non-resident) for 10 coupons. Coupons expire 6 months after the date of purchase.

*FITflex not valid for 5K Training; Limber Up! Liven Up! On & Off Chairs; Strength, Flexibility & Stretch; or Morning Water Aerobics.*

## STRETCHING @ SAVOY

Reduce muscle stiffness and tension while increasing your joint range of motion. This low intensity class will also focus on developing the suppleness and flexibility of muscles through stretching. Other benefits include improved posture and coordination.

Date	Day	Class ID
1/12-2/11	Tu/Th	440932-A1
2/16-3/18	Tu/Th	440932-A2
3/23-4/22	Tu/Th	440932-A3
4/27-5/27	Tu/Th	440932-A4

**Time:** 6:30-7:15pm

**Location:** Savoy Recreation Center

**Fee (R/NR):** \$33/\$49.50

## YOGA-LATES

This combination of yoga and Pilates will strengthen your core muscles, increase your flexibility and leave you feeling refreshed and relaxed.

Date	Day	Class ID
1/12-2/11	Tu/Th	440926-A1
2/16-3/18	Tu/Th	440926-A2
3/23-4/22	Tu/Th	440926-A3
4/27-5/27	Tu/Th	440926-A4

**Time:** 10-10:45am

**Location:** Savoy Recreation Center

**Fee (R/NR):** \$33/\$49.50

## CORE & MORE

Sculpt your midsection as you improve your body's overall strength, balance, and coordination. This class focuses on strength, movement, and balance challenges through use of the body's core muscles found in the inner and outer abdominal wall, obliques and lower back.

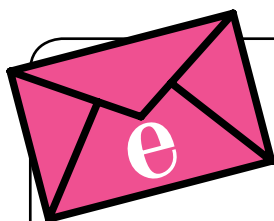
Date	Day	Time	Location	Fee (R/NR)	Class ID
1/11-2/12	M/W/F	8:30-9:15am	Springer Cultural Center	\$49/\$73.50	440904-A1
2/15-3/19	M/W/F	8:30-9:15am	Springer Cultural Center	\$49/\$73.50	440904-A2
3/22-4/23	M/W/F	8:30-9:15am	Springer Cultural Center	\$49/\$73.50	440904-A3
4/26-5/28	M/W/F	8:30-9:15am	Springer Cultural Center	\$49/\$73.50	440904-A4
1/11-2/10	M/W	12:10-12:50pm	Springer Cultural Center	\$33/\$49.50	440904-A5
2/15-3/17	M/W	12:10-12:50pm	Springer Cultural Center	\$33/\$49.50	440904-A6
3/22-4/21	M/W	12:10-12:50pm	Springer Cultural Center	\$33/\$49.50	440904-A7
4/26-5/26	M/W	12:10-12:50pm	Springer Cultural Center	\$33/\$49.50	440904-A8
1/11-2/10	M/W	6:30-7:15pm	Springer Cultural Center	\$33/\$49.50	440904-A9
2/15-3/17	M/W	6:30-7:15pm	Springer Cultural Center	\$33/\$49.50	440904-B1
3/22-4/21	M/W	6:30-7:15pm	Springer Cultural Center	\$33/\$49.50	440904-B2
4/26-5/26	M/W	6:30-7:15pm	Springer Cultural Center	\$33/\$49.50	440904-B3

## 1 MINUTE BODY SCULPT

This total body sculpting class is held in a fast-paced boot camp style format. Perform weight exercise for one minute, followed by one minute of heart-pumping cardio. Engage all muscle groups and work up a sweat with this effective calorie-burning combo.

Date	Day	Time	Location	Fee (R/NR)	Class ID
1/11-2/10	M/W	5:30-6:15pm	Springer Cultural Center	\$33/\$49.50	440923-A1
2/15-3/17	M/W	5:30-6:15pm	Springer Cultural Center	\$33/\$49.50	440923-A2
3/22-4/21	M/W	5:30-6:15pm	Springer Cultural Center	\$33/\$49.50	440923-A3
4/26-5/26	M/W	5:30-6:15pm	Springer Cultural Center	\$33/\$49.50	440923-A4
1/12-2/11	Tu/Th	4:30-5:15pm	Savoy Recreation Center	\$33/\$49.50	440923-A5
2/16-3/18	Tu/Th	4:30-5:15pm	Savoy Recreation Center	\$33/\$49.50	440923-A6
3/23-4/22	Tu/Th	4:30-5:15pm	Savoy Recreation Center	\$33/\$49.50	440923-A7
4/27-5/27	Tu/Th	4:30-5:15pm	Savoy Recreation Center	\$33/\$49.50	440923-A8
1/9-2/6	Sa	8:30-9:15am	Savoy Recreation Center	\$16/\$24	440923-A9
2/13-3/13	Sa	8:30-9:15am	Savoy Recreation Center	\$16/\$24	440923-B1
3/20-4/17	Sa	8:30-9:15am	Savoy Recreation Center	\$16/\$24	440923-B2
4/24-5/22	Sa	8:30-9:15am	Savoy Recreation Center	\$16/\$24	440923-B3
1/10-2/7	Su	2-2:45pm	Savoy Recreation Center	\$16/\$24	440923-B4
2/14-3/14	Su	2-2:45pm	Savoy Recreation Center	\$16/\$24	440923-B5
3/21-4/18*	Su	2-2:45pm	Savoy Recreation Center	\$13/\$19.50	440923-B6
4/25-5/23	Su	2-2:45pm	Savoy Recreation Center	\$16/\$24	440923-B7

**No Class:** 4/4\*



## Get eMAIL News!

### FITNESS

Sign up now to receive updates of existing programs, reminders about deadlines, and other Fitness news – right in your email inbox!

**To subscribe, send an email to [news@cparkdistrict.com](mailto:news@cparkdistrict.com) with the following text in the body of your message:**

**SUBSCRIBE Fitness John Doe**

*Please send a separate email for each CPD email list subscription.*

# Free Week of Group Fitness Classes

JANUARY 2-8

## 5K TRAINING **N**

Want to run the 5K that is part of the Illinois Marathon on May 1, but have no idea how to train? This program is geared toward beginner runners and those who have never raced before. Our instructor will lead you through an 8-week plan designed to get you ready to finish the race and more. Get the guidance and encouragement you need to keep you on the road to having a successful run. Class will not meet in the case of inclement weather. However, no refunds will be given.

Date	Day	Time	Fee (R/NR)	Min/Max	Deadline	Class ID
3/9-4/29	Tu/Th	6-6:45pm	\$48/\$72	8/16	3/2	430902-A1

**Location:** Centennial Park (meet outside Leonhard Recreation Center)

*\*\*FITflex coupon may not be used for this class.*

## STRENGTH, FLEXIBILITY & STRETCH

Improve and enhance your body's strength, flexibility, and balance as we will focus on the whole body. This gentle class will also help to relieve stress and tension as we learn meditation and breathing exercises.

Date	Day	Time	Fee (R/NR)	Location	Class ID
1/12-2/9*	Tu	5:30-6:15pm	\$13/\$19.50	Leonhard Recreation Center	440924-A1
2/16-3/16	Tu	5:30-6:15pm	\$16/\$24	Leonhard Recreation Center	440924-A2
3/23-4/20	Tu	5:30-6:15pm	\$16/\$24	Leonhard Recreation Center	440924-A3
4/27-5/25	Tu	5:30-6:15pm	\$16/\$24	Leonhard Recreation Center	440924-A4
1/14-2/11	Th	5:30-6:15pm	\$16/\$24	Leonhard Recreation Center	440924-A5
2/18-3/18	Th	5:30-6:15pm	\$16/\$24	Leonhard Recreation Center	440924-A6
3/25-4/22	Th	5:30-6:15pm	\$16/\$24	Leonhard Recreation Center	440924-A7
4/29-5/27	Th	5:30-6:15pm	\$16/\$24	Leonhard Recreation Center	440924-A8

**No Class:** 2/2\*

**Instructor:** Pat Casey

*\*\*FITflex coupon may not be used for these classes.*

## FOREVER FIT

**Ages 50+, but all are welcome**

This class is a total body workout for active seniors. Forever Fit is a combination of aerobic, flexibility and strength training all done in a fun-filled environment. The exercises are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance.

Date	Day	Time	Location	Fee (R/NR)	Class ID
1/11-2/12	M/W/F	11-11:45am	Savoy Recreation Center	\$49/\$73.50	440927-A1
2/15-3/19	M/W/F	11-11:45am	Savoy Recreation Center	\$49/\$73.50	440927-A2
3/22-4/23	M/W/F	11-11:45am	Savoy Recreation Center	\$49/\$73.50	440927-A3
4/26-5/28	M/W/F	11-11:45am	Savoy Recreation Center	\$49/\$73.50	440927-A4

## MORNING WATER AEROBICS

**Ages 50+, but all are welcome**

Join the fun of exercising in water! This form of exercise is less stressful to the joints and provides therapeutic value through water movement. Increased flexibility, strength, and circulatory endurance are just a few benefits of the class. Specific exercises for back problems and arthritis will also be included. Swimming skills are not required. Come early for socializing and lap swimming.

Date	Day	Time	Fee (R/NR)	Min	Class ID
4/5-5/17	M	9:45-10:15am	\$35/\$52.50	15	440302-A1
4/9-5/21	F	9:45-10:15am	\$35/\$52.50	15	440302-A2

**Location:** One North, 1601 N. Lincoln Ave., Urbana **Instructor:** Pat Larson

*\*\*Sorry, no classes during January 2-8 free week. FITflex coupon may not be used for this class.*

## LIMBER UP! LIVEN UP! ON & OFF CHAIRS

**Ages 50+, but all are welcome**

Try this physically and mentally fun approach to fitness which will improve your strength, flexibility and balance through Yoga, Pilates, and Tai Chi movements. This class will also include low impact aerobics and weight training as well as time spent on Yoga breathing and relaxation techniques.

Date	Day	Class ID
4/6-5/18	Tu	440908-A1

**Time:** 9:30-10:15am

**Location:** Leonhard Recreation Center

**Fee (R/NR):** \$21/\$31.50

**Instructor:** Pat Larson

*\*\*Sorry, no classes during Jan. 2-8 free week. FITflex coupon may not be used for this class.*

## SENIOR STRENGTHENERS

**Ages 50+, but all are welcome**

Stay strong with this sculpting workout! This workout, designed for seniors of all fitness levels, includes a variety of exercises designed to increase muscular strength, agility and skills required for activities of daily living.

Date	Day	Class ID
1/12-2/11	Tu/Th	440928-A1
2/16-3/18	Tu/Th	440928-A2
3/23-4/22	Tu/Th	440928-A3
4/27-5/27	Tu/Th	440928-A4

**Time:** 11-11:45am

**Location:** Springer Cultural Center

**Fee (R/NR)** \$33/\$49.50

## BABY & ME

Moms, dads, grandparents, and caregivers – start your 1 to 9 month old on the path to a healthy lifestyle, meet other babies and adults, and get some fitness time for yourself too! This class will use fun music, rhythmic movement and socialization to help you spend some quality time “working out” with your baby. Your child must be able to hold his or her head up. Please bring a forward facing carrier harness to class each time.

Date	Day	Class ID
1/14-2/4	Th	440909-A1
2/11-3/4	Th	440909-A2
4/1-4/22	Th	440909-A3
4/29-5/20	Th	440909-A4

**Time:** 10-10:45am

**Location:** Hays Recreation Center

**Fee (R/NR):** \$13/\$19.50 per child with adult



## BIGGER, FASTER, STRONGER

### 9th - 12th graders

Hey, teens! Here's your chance to use dumbbells, exercise tubes and stability balls to get "bigger, faster, stronger"! You don't have to join a gym to do strength training. This class, designed specifically for teens, will use a variety of portable equipment and fun workout methods to help you gain the strength you need to excel in sports, feel more confident about the way you look, or just stay in great shape!

Date	Day	Class ID
1/11-2/10	M/W	430901-A1
2/15-3/17	M/W	430901-A2
3/22-4/21	M/W	430901-A3
4/26-5/26	M/W	430901-A4

**Time:** 4-4:45pm

**Location:** Leonhard Recreation Center

**Fee (R/NR):** \$33/\$49.50

## TEEN TONE & DANCE

### 9th - 12th graders

This fun class for teens will help you move, stretch and dance your way to a stronger, sleeker, more graceful body! You'll learn to improve your posture, increase your flexibility and look your best through movement inspired by modern dance – all set to upbeat music. You'll want to bring your friends to this!

Date	Day	Class ID
1/11-2/12	M/F	430903-A1
2/15-3/19	M/F	430903-A2
3/22-4/23	M/F	430903-A3
4/26-5/28	M/F	430903-A4

**Time:** 4:30-5:15pm

**Location:** Springer Cultural Center

**Fee (R/NR):** \$33/\$49.50

## TAE KWON DO

### Ages 5+

Learn the noncompetitive art of Tae Kwon Do. Master new skills, increase your strength, flexibility, discipline, and self-esteem. We encourage parents to enjoy classes with their children. Techniques are adjusted to fit individual capabilities. Uniforms are not required in the beginning; they are required beyond the white belt. Fee does not include belt, tests or uniform. For uniform information, please speak to your instructor.

Date	Day	Time	Location	Class ID
1/4-1/27	M/W	6-7pm	Hays Recreation Center	421101-A1
2/1-2/24	M/W	6-7pm	Hays Recreation Center	421101-A2
3/1-3/31*	M/W	6-7pm	Hays Recreation Center	421101-A3
4/5-4/28	M/W	6-7pm	Hays Recreation Center	421101-A4
1/4-1/27	M/W	7-8pm	Hays Recreation Center	421101-A5
2/1-2/24	M/W	7-8pm	Hays Recreation Center	421101-A6
3/1-3/31*	M/W	7-8pm	Hays Recreation Center	421101-A7
4/5-4/28	M/W	7-8pm	Hays Recreation Center	421101-A8

**No Class:** 3/22 & 3/24\*

**Fee (R/NR):** \$30/\$45; \$10 discount each additional family member

**Instructor:** HMD Academy

## ISSHIN-RYU KARATE

### Ages 10+

Develop street awareness, practical self-defense, coordination, and situational alertness from a blackbelt with over 20 years of experience. The class teaches traditional Isshin-Ryu Karate with emphasis on basic blocks, punches, kicks, and body mechanics. Isshin-Ryu stresses natural body movement to achieve the most efficient techniques.

Date	Day	Time	Class ID
1/5-2/23	Tu	7-8:45pm	421102-A1
3/2-4/27*	Tu	7-8:45pm	421102-A2

**No Class:** 3/23\*

**Fee (R/NR):** \$30/\$45

**Location:** Spalding Recreation Center

**Deadline:** Session A1: 1/2; Session A2: 2/27

**Instructor:** Neil Thackeray, 4<sup>th</sup> Degree Blackbelt



## KARATE

### Ages 8+

Instruction is offered in Shito-Ryu Karate, Okinawan weapons and Kempo. The instructor is Chris Johnston (6<sup>th</sup> degree black belt) who has over 35 years experience in karate. The class emphasizes self-control, discipline and morals while addressing practical self-defense needs. Over 100 katas (forms) and 40 weapon katas are available to learn. Uniform not required to participate. Previous training is not required. Those interested (including beginners) may enter any section as this is a year-round program.

Ages	Date	Day	Time	Fee (R/NR)	Deadline	Class ID
8-13	1/4-1/27	M/W	5:15-6:15pm	\$25/\$37.50	1/2	421103-A1
8-13	2/1-2/24	M/W	5:15-6:15pm	\$25/\$37.50	1/30	421103-A2
8-13	3/1-3/31*	M/W	5:15-6:15pm	\$25/\$37.50	2/27	421103-A3
8-13	4/5-4/30	M/F	5:15-6:15pm	\$25/\$37.50	3/27	421103-A4
8-13	5/3-5/26	M/W	5:15-6:15pm	\$25/\$37.50	4/24	421103-A5

**No Class:** 3/22 & 3/24\*

**Location:** Leonhard Recreation Center