

FITNESS CONNECTION

2011 Summer Fitness Schedule



QUESTIONS

217-819-3992
www.champaignparkdistrict.com
www.savoyrecreationcenter.com

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

 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
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*Participants should meet at the Leonhard Recreation Center for the first class. In case of inclement weather, class will meet inside the Leonhard Recreation Center.