



Fitness For All

Classes will feature gentle aerobics and stretching exercises to a variety of music used to improve muscle tone, circulation, flexibility, and overall body fitness. Registration for this class will be conducted on a drop in basis and paid at the Leonhard Recreation Center. Come any or all three days a week!

Ages: Adults
Day: Monday & Friday
Dates: January 10 – May 13
Time: 8:30 – 9:00 am
Location: Leonhard Recreation Center
Resident Fee: \$1 per class (drop in basis)
Instructor: Rena Leake, AFAA
Questions: 398-2571

Springer Low Impact Aerobics

Start the new year off right! Burn fat and strengthen your heart and lungs without stress and strain on your joints! This class includes cardiovascular exercises as well as “floor exercises” to tighten and tone the hips, legs, abdomen, and buttocks. Exercise balls may be used.

Ages: Adults
Day: Monday, Wednesday, & Saturday
ID# 3633-1 Session I: January 10 – March 12
ID# 3633-2 Session II: March 14 – May 14
Time: 7:15 – 8:15 pm (Mon. & Wed.)
9:00 – 10:00 am (Sat.)
Location: Springer Cultural Center
Resident Fee: \$40 per session
Instructor: Rena Leake, AFAA
Questions: 398-2376

Hi/Lo Aerobics

Enjoy 30 minutes of aerobics followed by 30 minutes of muscle stretching and toning. Be prepared to exercise the entire body. Ideal for both beginners and seasoned fitness enthusiasts. This course will emphasize the fundamentals of aerobic exercising.

Ages: Adult
Day: Tuesday & Thursday
ID# 3635-1 January 11 – March 10
ID# 3635-2 March 15 – May 12
Time: 5:30 – 6:30 pm
Instructor: Christopher Kashnig, AFAA
Location: Springer Cultural Center
Resident Fee: \$30 per session
Max: 20
Questions: 398-2571

Core & More

This beginner/intermediate level class will use Pilates-based movements to stretch and strengthen core muscles (abs and back) as well as legs and glutes. Stability balls will occasionally be incorporated to add resistance and improve balance.

Ages: Adults
Day: Mondays & Wednesdays
ID# 3640-1 Session I: January 10 – March 9
ID# 3640-2 Session II: March 14 – May 11
Time: 6:15 – 7:00 pm
Location: Springer Cultural Center
Resident Fee: \$35 per session
Max: 15
Instructor: Rena Leake, AFAA
Questions: 398-2376



Cardio-Pump/Cardio Kickboxing

This is a strength training class that includes weights (1lb, 2lb, 5lb). We also include step aerobics for a great cardio workout, body sculpting, and fast paced muscle toning. This class is for all ages, all sizes, all skills. We'll show both low and high impact exercises so you can progress at your own rate. We're looking to make you a happier, healthier, more confident person by shedding off some unwanted inches.

Ages: Adults
Day: Tuesdays & Thursdays
Dates: January 11 – May 12
Time: 8:15 – 9:15 am
Location: Leonhard Recreation Center
Instructor: Linda Nolan, AFAA
Questions: 398-2571
Resident Fee: \$2 per class (drop in basis)

Kickboxing

Pow! Wham! Pop! Kickboxing is not for the faint of heart! This class will encourage participants to engage their entire body as they kick and punch their way towards stronger muscles and improved coordination. Great exercise for everyone from the beginner to the seasoned pro!

Ages: 13+ years
Days: Tuesday and Thursday
ID# 3637-1 Session I: January 11 – March 3
ID# 3637-2 Session II: March 8 – April 28
Time: 10:00 – 11:00 am
Location: Springer Cultural Center, Rm. 201
Resident Fee: \$35 per session
Min: 6



Early Bird Walks

Come in from out of the cold. Here is your opportunity to keep moving! Stop by the Leonhard Recreation Center for an early morning walk around the gymnasium.

Ages: All
Days: Monday, Wednesday, Friday
Dates: January – March (except January 17)
Time: 7:30 am – 8:30 am
Location: Leonhard Recreation Center
Questions: 398-2571



Pilates for All Levels

Are you ready to get to your next fitness level? Whether you are looking to get fit or stay fit this class is for you! Pilates is a floor workout emphasizing abdominal and back strengthening, muscle toning, stretching, and relaxation. Join both classes in one session for a reduced price!

Ages: Adults
Time: 6:45 – 7:45 pm
Location: Leonhard Recreation Center
Instructor: Cindy Adkins
Questions: 398-2571

Session I: Jan. 10 – Feb. 16
ID# 3264-1 Mondays \$25
ID# 3264-2 Wednesdays \$25
ID# 3264-3 Both Classes \$45

Session II: Feb. 21 – March 30
ID# 3264-4 Mondays \$25
ID# 3264-5 Wednesdays \$25
ID# 3264-6 Both Classes \$45

Session III: April 4 – May 11
ID# 3264-7 Mondays \$25
ID# 3264-8 Wednesdays \$25
ID# 3264-9 Both Classes \$45

Water Aerobics

An excellent low-impact workout, this form of exercise is less stressful to the joints than floor exercise and provides a therapeutic value through water movement. Increased flexibility, strength, and circulatory endurance are just some of the benefits. You will also learn specific exercises for back problems and arthritis.

Ages: Adults
ID# 3154-1 Session I: Wednesday
Dates: April 6 – May 18

ID# 3154-2 Session II: Friday
Dates: April 8 – May 20

Time: 9:45 – 10:20 am
Location: Nautilus at Bromley Hall, 910 S. Third St., Champaign
Resident Fee: \$28 per session
Max: 16
Instructor: Pat Larson

Evening Water Aerobics

Come and enjoy the benefits of an indoor water workout.

Ages: Adults
Time: 8:15 – 9:00 pm
Location: Centennial High School Pool
Instructor: Jo Rodriguez

Dates: January 4 – February 24
ID# 3155-1 Session I: Tuesdays
ID# 3155-2 Session II: Thursdays
Resident Fee: \$16 per session

Dates: March 1 – April 28 (no class March 22 & 24)
ID# 3155-3 Session III: Tuesdays
ID# 3155-4 Session IV: Thursdays
Resident Fee: \$16 per session
Questions: 398-2571

Beginning Yoga

Learn the fundamental yoga postures to develop stamina, balance, and concentration, while easing various ailments and stress. You do not need to be flexible or in shape to do yoga.

Ages: 18+ years
ID# 3636-1
Day: Thursday
Dates: February 17 – April 28 (no class March 24)
Time: 5:30 pm – 7:00 pm
Location: Springer Cultural Center
Resident Fee: \$68 or **Drop in Fee:** \$7 per class
Instructors: All instructors are trained in the Iyengar Method of Yoga.

Continuing Yoga

Develop a more detailed practice of standing poses, inversions, and restoratives. This class builds on the fundamental yoga posture learned in Beginning Yoga. No beginners please.

Ages: 18+ years
ID# 3628-1
Day: Monday
Dates: February 14 – April 25 (no class March 21)
Time: 5:30 pm – 7:00 pm
Location: Springer Cultural Center
Resident Session Fee: \$68 or **Drop in Fee:** \$7
Instructors: All instructors are trained in the Iyengar Method of

Hatha Yoga 101

This physical and emotional approach to health improves and enhances the body's strength, flexibility, and balance. Attention is given to correct breathing with relaxation and meditation exercises to release tension and improve concentration. Please bring a small pillow to class.

ID# 3631-1 **Location:** Leonhard Recreation Center
Ages: Adults **Resident Fee:** \$12
Day: Tuesday **Instructor:** Pat Larson
Dates: April 5 – May 17 **Questions:** 398-2571
Time: 9:30 – 10:15 am

Yoga Fitness

Try this physical and emotional approach to health. Improve and enhance your body's strength, flexibility, and balance. We'll focus on correct breathing with relaxation and meditation exercises in order to ease tension and improve concentration.

Ages: Adults
Day: Tuesday
Time: 5:30 – 6:15 pm
ID# 3627-1 Jan. 18 – March 10
ID# 3627-2 March 22 – May 10
Location: Leonhard Recreation Center
Resident Fee: \$22 per session
Instructor: Pat Casey
Max: 15