

FITNESS CONNECTION

2010 Summer Fitness Schedule



Discover the fun!



QUESTIONS

217-352-6044

www.champaignparkdistrict.com

www.savoyrecreationcenter.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6-6:45am	Turbo Kick™	F.I.T. Boot Camp*	Turbo Kick™	F.I.T. Boot Camp*	Turbo Kick™	
7-7:45am	Fitness Alfresco		Fitness Alfresco			
8:30-9:15am	Core & More		Core & More		Core & More	1 Minute Body Sculpt
	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)
10-10:45am		Yoga-lates		Yoga-lates		
				Baby & Me		
11-11:45am	Forever Fit		Forever Fit		Forever Fit	
12:10-12:50pm	Core & More	PiYo™	Core & More	PiYo™		
	Butts & Guts		Butts & Guts		Butts & Guts	
5:30-6:15pm	1 Minute Body Sculpt	Turbo Kick™	1 Minute Body Sculpt	Turbo Kick™		
	CardioMix	F.I.T. Boot Camp	CardioMix	F.I.T. Boot Camp	CardioMix	
		Strength, Flexibility & Stretch		Strength, Flexibility & Stretch		
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

*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.