

## Zumba

(dance - fitness classes)

Zumba fuses hypnotic Latin and other international rhythms with easy dance moves resulting in an exhilarating, fat - burning fitness party that doesn't even feel like exercise! You can't help but move to this music, so come dance the calories away while toning and sculpting your whole body! No dance ability necessary!



**Fridays: 10:00 - 10:45am**  
**Sundays: 4:30 - 5:30 pm**

## Line Dance

(dance - fitness classes)

Improves coordination, balance and memory while building cardio stamina. Have fun learning popular Line dances. Beginner/ intermediate class cardio-style class.



**Mondays & Wednesdays:**  
**10:00 - 10:45 am**

## Beginner Ballet

(dance - fitness classes)

Worried about high-impact moves? Join our Beginner Ballet class and enjoy fluid movements that will be easy on your joints. Our instructor has modifications for any dance/fitness level.



**Tuesdays & Thursdays:**  
**12:00-1:00pm**

## Forever Fit

*Now 5 days a week!*

This class is a total body workout for active seniors. Forever fit is a combination of aerobic, flexibility, and anaerobic strength exercises designed to improve flexibility, joint stability, balance, agility, Muscular strength and cardiovascular endurance.

**Monday through Friday:**  
**11:00 - 11:45am**

# Fitness & Exercise

## Classes



Be a part of our  
**SRC Fit Club**

at the Savoy Recreation Center  
*Members & Silver Sneakers FREE!*



### Fitness Schedule (January 1 through February 28)

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
<b>6:10 - 6:55am</b>	Cardio Kickboxing		Cardio Kickboxing		Cardio Kickboxing	
<b>9:00 - 9:45am</b>	Body Bar Express	H.I.I.T It!	Body Bar Express	H.I.I.T It!	Body Bar Express	
<b>9:00 - 9:45am</b>		Walk Fit		Walk Fit		
<b>10:00-10:45am</b>	Line Dance	Yoga-lates	Line Dance	Yoga-lates	Zumba	
<b>11:00-11:45am</b>	Forever Fit					
<b>12:10-12:50pm</b> (12-1pm Ballet)	Core & More	Beginner Ballet	Core & More	Beginner Ballet	Core & More	
<b>4:30-5:30pm</b>						Zumba
<b>5:30-6:15pm</b>	Cardio Mix	Bootcamp	Cardio Mix	Bootcamp		
<b>6:30-7:15pm</b>	Yoga-lates	Cardio Kickboxing	Yoga-lates	Cardio Kickboxing		



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## Cardio Workouts

### Cardio Mix

This 45-minute workout is set to upbeat music featuring a variety of aerobic exercises that are easy to follow! Exercises may be modified to any fitness level.

**Mondays & Wednesdays: 5:30 - 6:15pm**



### Boot Camp

This class features a variety of cardio and strength exercises including running, agility drills, weight training, and flexibility stretches. This great class is not recommended for beginners.

**Tuesdays & Thursdays: 5:30 - 6:15pm**



### Cardio Kickboxing

Jabs, crosses, hooks, uppercuts, and plenty of Kicking makes this Turbo Kick and martial arts-inspired workout a fierce but fun cardio session. Burn some serious calories during heart-pounding music!

**Mondays/ Wednesdays/ Fridays: 6:10-6:55 am**

**Tuesdays & Thursdays: 6:30 - 7:15 pm**



### H.I.I.T. .It!

A class designed to integrate cardio, strength, and toning. Various levels of intensity encompassing elevated heart rate alternating with exercises for muscle strength and definition for upper/lower body and core.

**Tuesdays/Thursdays: 9:00-9:45 am**

## NOTICE:

The age for most fitness classes is 15 years and up unless otherwise noted.

A younger child may register for a class if they are accompanied by a registered parent/ guardian.

**All fitness classes held at the Savoy Recreation Center are FREE with Membership!**

### SRC Fit Club 10 Visit Pass:

Adults: \$40/ Residents, \$60/Non-Residents  
Seniors: \$30/Residents, \$50/ Non-Residents

**FREE for Silver Sneakers**

## SRC SITTER SERVICES

Would you like to take a fitness class or workout, but don't have anyone to watch your children? Ask about our new SRC Sitter Services. Supervised play! Children must be at least one year of age. Reservations taken by appointment with as little as one day notice! Members only, please. FREE with Family membership.

\$2/R,\$3/NR (per visit, per child)  
10 Visit Pass: \$18/R, \$27/NR



## Anaerobic - Strength Training

### Yoga - lates

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

**Tuesdays & Thursdays: 10:00 - 10:45 am**

**Mondays &**

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



### Body - Bar Express

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.

**Mondays/ Wednesdays/ Fridays: 9:00-9:45 am**

### Core & More

This class focuses on abdominal muscles, obliques, and lower back by using your body weight and a variety of fitness equipment. The exercises in this class will work your lower and upper body in addition to your core muscles.

**Mondays/ Wednesdays/ Fridays: 12:10-12:50pm**



### Walk Fit

An all-inclusive class focusing on cardio while walking at your own individual pace with intermittent light weight bearing exercises for strength. Designed to be a program that can be tailored to any fitness level.

**Tuesdays/Thursdays: 9:00-9:45 am**