

2012 Group Class Schedule

Session 1 • January 2 - March 24

Non-members:
6 class card = \$30
12 class card = \$54
24 class card = \$96

General Members:
6 class card = \$18
12 class card = \$32
24 class card = \$58

Premier Member:
Unlimited class card –
no fee

For cards or Aqua Fitness Registration, call 217.562.6231

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAND FITNESS CLASSES (take any class with your punch card)						
5:30-6:20 AM SMR		<i>Zumba®</i>		<i>Zumba®</i>		
Instructor		Erica		Erica		
6-7 AM SMR	<i>Yoga/Pilates</i>		<i>Yoga/Pilates</i>			
Instructor	Nancy		Nancy			
8-8:50 AM SMR						<i>Zumba®</i>
Instructor						Rotating
9-10 AM SMR						<i>Saturday Sampler</i>
Instructor						Rotating
4:30-5:20 PM SMR	<i>Zumba®</i>	<i>Boot Camp</i>	<i>Zumba®</i>	<i>Boot Camp</i>		
Instructor	Ashley K.	Lindsey	Ashley K.	Derek		
5:30-6:20 PM SMR	<i>Zumba® Toning</i>	<i>Yoga</i>	<i>Zumba®</i>	<i>Yoga</i>		
Instructor	Ashley D.	Nancy	Amanda	Nancy		
6:30-7:15 PM SMR	<i>Zumba® Gold</i>	<i>Zumba®</i>	<i>Cardio Kick</i>	<i>Zumba®</i>		
Instructor	Amanda	Amber	Beth	Amber		
7:15-8 PM SMR	<i>Boot Camp</i>		<i>Boot Camp</i>			
Instructor	Lindsey		Derek			
AQUA FITNESS CLASSES (registration and prepayment for session required)						
6-7 AM Pool		<i>Aqua Fit</i>		<i>Aqua Fit</i>		
Instructor		Derek		Derek		
8:30-9:30 AM						<i>Saturday Sampler</i>
Instructor						Rotating
4:45-5:45 PM Pool	<i>Aqua Blast</i>	<i>Aqua Fit</i>	<i>Aqua Blast</i>	<i>Aqua Fit</i>		
Instructor	Jodi	Jodi	Jodi	Jodi		
6-7 PM Pool	<i>Aqua Fit</i>	<i>Aqua Fit</i>	<i>Aqua Fit</i>	<i>Aqua Fit</i>		
Instructor	Angel	Lindsey	Angel	Derek		

New Instructors and Classes...

- ☉ Beth McFarland has revived Cardio Kick
- ✪ Come check out the different flavors of Boot Camp being offered by Lindsey and Derek.



- ☉ Jodi Smith is revving up water exercise with Aqua Blast
- ✪ Amanda will be teaching Zumba® Gold
- ☉ Ashley Dudit is instructing Zumba® Toning

NEW!! Aqua Blast – higher intensity cardio workout for those ready to get wet and have fun using all depths and modalities of the pool.

Aqua Fit – moderate intensity water group exercise focusing on aerobic, strength and muscle endurance by utilizing props and water resistance.

Boot Camp – focuses on body resistance exercises and challenges to enhance strength, endurance and aerobic fitness.

NEW!! Cardio Kick – a high energy cardio workout using punching, jabbing and kicking to improve aerobic fitness. Mat core work will also be offered.

Saturday Sampler – rotating Saturday class

Yoga – through breathing, body awareness and poses increase flexibility, balance and body strength in this body mind exercise.

Yoga/Pilates – a combination of breathing, body awareness, poses and mat based exercises to increase flexibility, balance and bodycore strength in this body mind exercise.

Zumba® – Latin-inspired, easy-to-follow, dance-fitness exhilarates the senses in a high-energy cardio blast that leaves you invigorated, refreshed and full of life.

NEW!! Zumba® Gold – Zumba modified moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

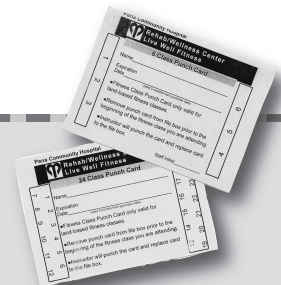
NEW!! Zumba® Toning – Using a toning stick, toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves.

FITNESS CLASS PUNCH CARDS A FUN, Flexible and Affordable Way to Improve Your Fitness!

A punch card system has replaced the former fitness class fee and registration structure for all offerings except aquatic classes. Individuals interested in participating in Zumba® or any other group fitness class offered (excluding aquatic classes) can purchase a punch card for 6, 12 or 24 classes. An advanced registration and 24 class prepayment (\$96) will still be required for Aqua Fit classes.

Punch cards are available at 3 different prices. For non-members of the fitness program, a 6 class punch card is \$30, a 12 class punch card is \$54 and a 24 class punch card is \$96. For General members, cards can be purchased at a 40% discount (\$18, \$32 and \$58 respectively). Premier members receive 24 class punch cards as part of their membership.

Our flexible morning and evening class schedule as well as the new punch card pricing can fit your fitness needs. After purchasing a punch card of any size, you can take any Zumba, Yoga, Yoga/Pilates and Boot Camp class. Call Nancy at 562.6231 to get started today! See why fitness is FUN at the PCH Live Well fitness program!



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PREMIER MEMBERS:

no fee