

# GROUP-X SCHEDULE **WINTER 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5:45-6:30 am</b> C3 Circuit Training		<b>5:45-6:30 am</b> C3 Circuit Training		<b>5:45-6:30 am</b> C3 Circuit Training
<b>7:30-8:30 am</b> Interval Training	<b>7:30-8:30 am</b> Byla	<b>7:30-8:30 am</b> Interval Training		<b>6:15-7:15 am</b> Cycle
<b>9:00-10:00 am</b> Gentle Yoga	<b>9:00-9:45 am</b> Balance & Stability		<b>9:00-9:45 am</b> Balance & Stability	<b>7:00-7:45 am</b> C3 Circuit Training
<b>10:30-11:30 am</b> Intro C3 Training	<b>10:30-11:30 am</b> Chair Aerobics	<b>10:00-11:00 am</b> Water Aerobics	<b>10:30-11:30 am</b> Rockin' Chair Aerobics	<b>7:30-8:30 am</b> Interval Training
<b>1:00-2:00pm</b> Water Aerobics	<b>4:15-5:00 pm</b> C3 Circuit Training	<b>4:15-5:00 pm</b> C3 Circuit Training	<b>4:15-5:00 pm</b> C3 Circuit Training	<b>10:00-11:00 am</b> Water Aerobics
<b>5:15-6:00 pm</b> C3 Circuit Training	<b>4:30-5:30pm</b> Piyo			
<b>5:30-6:30 pm</b> Cycle	<b>5:15-6:00 pm</b> C3 Circuit Training	<b>5:15-6:00 pm</b> C3 Circuit Training	<b>5:15-6:00 pm</b> C3 Circuit Training	
<b>5:30-6:30 pm</b> Step Plus Abs	<b>5:30-6:30 pm</b> B.A.A.T.s	<b>5:30-6:30 pm</b> Pilates	<b>5:30-6:30pm</b> Barre	
<b>6:30-7:15 pm</b> C3 Circuit Training	<b>6:30-7:15 pm</b> C3 Circuit Training	<b>6:30-7:15 pm</b> C3 Circuit Training	<b>6:30-7:15 pm</b> C3 Circuit Training	
<b>6:30-7:30 pm</b> Yin Yoga	<b>6:30-7:30 pm</b> BollyX	<b>6:30-7:30 pm</b> Yoga Flow	<b>6:30-7:30 pm</b> Step and Sculpt	
				SUNDAY
				<b>5:00 -6:00 pm</b> Pilates
				<b>Class dates and times are subject to change</b>



# CLASS DESCRIPTIONS

**B.A.A.T.s** A fast-paced, high-energy class targeting buns, abs, arms, and thighs, as well as cardiovascular endurance. This advanced class is not recommended for those new to Group X classes.

**Balance and Stability** Designed to help you become stronger and improve balance. It can be adapted depending on the skill of individual participants.

**Byla** This new yoga-inspired choreographed movement fusion class will bring your energy up. It's a fun total body workout set to your favorite upbeat rhythms while uniquely blending traditional methods of Yoga, Pilates, Cardio and Interval Training. The smooth flow of this class will both strengthen and sculpt your body.

**Barre** A low-impact, high-intensity class designed to tone muscles and improve strength, agility and flexibility.

**BollyX** A Bollywood-inspired movement-fitness program that combines dynamic choreography with high-intensity interval training (HIIT), all performed to upbeat and heart-pumping music from around the world.

**Cycle** These stationary bike classes are the perfect way to start your everyday routine. Ideal for participants at all levels of fitness and experience.

**Chair Aerobics** Light weights and TheraBands® are used for resistance training to increase strength. Some balance movements are done while standing with options for seated participants.

**C3 Circuit Training** This class offers high-intensity cardio and resistance weight training for a full-body workout. The body will be pushed to different levels, reaching maximum effort and elevating the heart to a higher fitness level intensity. \*Reservation Required\* please visit [mydrayson.illu.edu](http://mydrayson.illu.edu) to book your spot. **Intro C3 Circuit Training** same movements at a beginners level.

**Interval Training** Combines aerobic floor work with free weight training. Makes a great workout for all of the muscles.

**Yoga Flow** This slower paced flow class allows time to explore the postures while cultivating strength, flexibility, balance and tranquility.

**Pilates** Become stronger and more flexible without bulking up. Pilates concentrates on using fewer, but more controlled movements, to uniformly develop the body, focusing primarily on the core.

**PiYo** combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga. This fat burning, low-impact class is great for defining muscles and building strength and is suitable for all levels.

**Rockin' Chair Aerobics** Chair Aerobics invigorated by the sounds of the 50's and 60's music.

**Step and Sculpt** Moderate-intensity step aerobics designed to sculpt, tone, and reshape the total body.

**Yin Yoga** A slower paced, tradition yoga class which incorporates more meditation where poses are held for a long period of time to target the connective tissues. Yin Yoga will help you stretch and lengthen those rarely-used tissues while also teaching you how to breathe through discomfort and sit with your thoughts.

**Water Aerobics** A low impact, moderate intensity workout in our heated pool that gives you a unique way to exercise while having fun.