



GROUP-X SCHEDULE

Fall 2023

MONDAY

5:45-6:30am
C3 Circuit Training

7:30-8:30am
Interval Training

9:00-10:00am
Gentle Yoga

10:30-11:15am
Intro C3 Training

1:00-2:00pm
Water Aerobics

5:15-6:00pm
C3 Circuit Training

5:30-6:30pm
Cycle

5:30-6:30pm
Step and Sculpt

6:30-7:30pm
Yin Yoga

TUESDAY

7:30-8:30am
LIIT

9:00-9:45am
Balance & Stability

10:30-11:30 am
Chair Aerobics

4:15-5:00pm
C3 Circuit Training

4:30-5:30pm
Piyo

5:15-6:00pm
C3 Circuit Training

5:30-6:30pm
B.A.A.T.s

6:30-7:30pm
BollyX

WEDNESDAY

5:45-6:30am
C3 Circuit Training

7:30-8:30am
Interval Training

10:00-11:00am
Water Aerobics

4:15-5:00pm
C3 Circuit Training

5:15-6:00pm
C3 Circuit Training

5:30-6:30pm
Pilates

6:30-7:30pm
Yoga Flow

THURSDAY

7:30-8:30am
LIIT

9:00-9:45am
Balance & Stability

10:30-11:30am
Rockin' Chair
Aerobics

1:00-2:00pm
Water Aerobics

4:15-5:00pm
C3 Circuit Training

5:15-6:00pm
C3 Circuit Training

5:30-6:30pm
Barre

6:30-7:15pm
C3 Circuit Training

6:30-7:30pm
Step and Sculpt

FRIDAY

5:45-6:30am
C3 Circuit Training

6:00-7:00am
Cycle

7:00-7:45am
C3 Circuit Training

7:30-8:30am
Interval Training

10:00-11:00am
Water Aerobics

SUNDAY

5:00-6:00pm
Pilates

Classes during Senior
Hours in orange.

*Class dates and times are subject to change

CLASS DESCRIPTION

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.

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 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.

LIIT Low Impact Interval Training is a combination of Cardio and Strength interval training for all levels.

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.

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

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

Yin Yoga A slower paced, tradition yoga class which incorporates poses which 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.