



# Group Fitness Schedule

Effective May 1, 2012

217.378.8714

www.ClubEvolve.com  
info@ClubEvolve.com

508 N Neil St  
Champaign, IL 61820

## Weekday Classes

Times / Hours	Monday 5:00am to 10:00pm	Tuesday 5:00am to 10:00pm	Wednesday 5:00am to 10:00pm	Thursday 5:00am to 10:00pm	Friday 5:00am to 9:00pm
6:00am					
6:30am		<b>ULTIMATE INTENSITY</b> steve			
12:00pm	<b>Circuit Training</b> steve	Warm Flow Yoga mary	<b>Circuit Training</b> steve	Warm Flow Yoga mary	<b>Circuit Training</b> steve
5:00pm					
5:30pm	<b>PiYo</b> tori	Yoga norma		Yoga norma	
6:30pm	<b>Turbo Kick</b> casey	<b>ZUMBA</b> fitness tori	<b>Flirty Girl Fitness*</b> kim		
7:30pm				<b>Belly Dancing</b> (Specialty Fee Based Class - See Front Desk for Details)	
8:30pm				ann	

## Weekend Classes

Saturday 8:00am to 6:00pm	
9:00am	
10:00am	<b>PiYo</b> julie
Sunday 8:00am to 6:00pm	
3:00pm	<b>ZUMBA</b> fitness tori

Attendance is on a first-come first-served basis.  
Our group fitness room is available for rental outside of scheduled class times.  
See front desk for details.

All group fitness classes (except Belly Dancing) are included in monthly gym memberships.

If you are only interested in taking group fitness classes we offer Group Fitness Punch Cards instead of a monthly gym membership.

- 5 classes - \$40
- 10 classes - \$75
- 25 classes - \$150
- 50 classes - \$250
- 75 classes - \$335
- 100 classes - \$400



# Group Fitness Class Descriptions

---

**CIRCUIT TRAINING** – A fast-paced and high energy class that will keep you coming back for more! Every class provides a unique and challenging full body work out that keeps you moving with different exercises at every station. This class combines traditional weights and body weight exercises. Be ready to work hard and get amazing results. All levels welcome.

**FLIRTY GIRL - FOR WOMEN ONLY:** Come experience the Flirty Girl Phenomenon! Non-stop cardio dance moves that does not require any dancing experience. Targets all the flirty muscles and uses specialized sexy moves. We dare you to be SEXY, SASSY and SENSATIONAL. All levels are welcome and all ages can be sexy!!!

**PiYo** - This class is all about strength training and core conditioning for people who want to sweat their way to sculpted abdominals, increased core strength and greater stability. It's the perfect fusion equaling strength building, rhythmic movement and power with a foundation in Pilates and yoga that burns calories while transforming the body.

**TURBO KICK®** - this fat-blasting, ab-defining cardio workout allows you to burn up to 1,000 calories an hour! The class includes a mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout! All levels welcome.

**ULTIMATE INTENSITY** - Start your day right! Ultimate Intensity is high intensity interval training class that will get you into shape fast. Shred fat, build muscle and increase your overall athletic ability. All shapes, sizes and ability levels welcome.

**WARM FLOW YOGA** – Mind, body, breath... Our group fitness room is heated to 78 degrees. In this warm environment, you will be lead through a unique series of vinyasa flow yoga postures linked with your breath. The creative flow patterns practiced are uniquely different each time you come to class and are guaranteed to build strength, stamina and mental focus. The heat facilitates a safe environment to increase your flexibility and release stress! This yoga practice creates a warm, peaceful sense of well being that you can take with you throughout the rest of your day. All levels are welcome to join.

**YOGA** – Experience the union of mind, body, and spirit. In this class you can relax, strengthen and soothe your body with a focus on alignment and breathing. All levels welcome.

**ZUMBA®** – You've seen the commercials, now get ready to party yourself into shape at Evolve! Zumba is the only Latin-inspired dance-fitness program that blends red-hot international music and contagious steps to form a fitness-party that is downright addictive. Join the world's largest – and most successful – dance-fitness program.