

August

adult programs

Personal Training

Jesse Hawkins, Certified Trainer
Mallory Moore, Certified Trainer

One-on-One Personal Training

Member: \$25/hr Non-Member: \$30/hr

One-on-One Equipment Orientation Session

(about 1/2 hour)

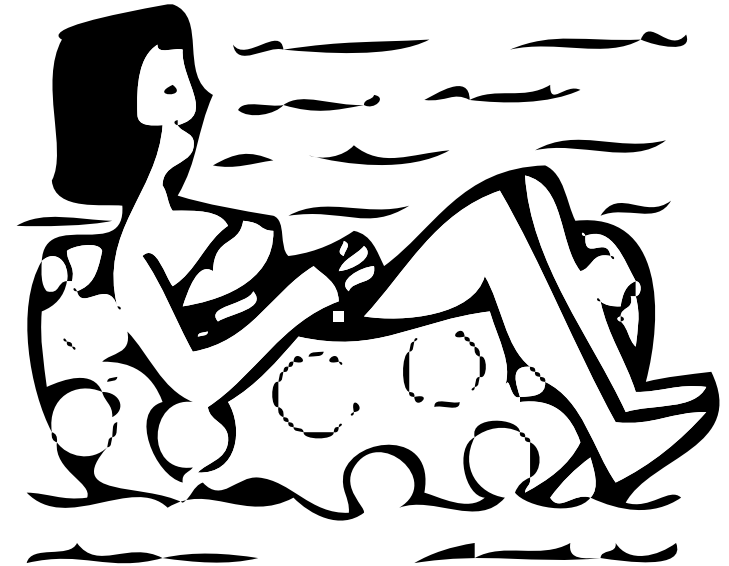
Member: \$20 Non-Member: \$25

Small Group Orientation Session (4—5 people)

(about 1 hour)

Member: \$5 Non-Member: \$10

**Inquire at the front desk for scheduling.*



304 E Washington
LeRoy, IL 61752
(309) 962-4800
LeRoyReplex.org



All classes in this session are **August 2—28** unless otherwise noted.

You may either **register for classes traditionally by August 1**, or buy a punch card for a more flexible session. (see below for details)

Sessions cancelled due to inclement weather or otherwise will not be re-scheduled, but a one-class fee will be credited to your account. Class cancellations will be on radio stations WBNQ 101.5 and WJBC 1230 by 4:00 P.M. Updates will also be posted on our Facebook fan site (Replex) and Twitter feed (twitter.com/LeRoyReplex).

Participants in adult classes and programs must be 16 years or older, unless otherwise noted. Participants 13—15 years old may take adult classes if accompanied by a parent or adult guardian.

Class Punch Card

A Replex punch card is a fun way to shake up your routine, or a great way to work out on a busy fluctuating schedule! With the punch card you can take a variety of classes throughout the session, or only attend class on days that work best for you. You can take Zumba on Monday, Water Aerobics on Tuesday, and maybe some Yoga on Thursday; it's all up to you!

Rules: Punch cards **DO NOT** carry over from session to session; they may only be used in the session indicated on the card. You **MUST** have your punch card in order to punch into a class. If a class is full of traditionally registered participants, no punch-ins will be allowed unless a registered patron does not show up. Punch ins will be accommodated until the class meets maximum capacity (15 people). When your card is out of punches, you may not punch into any classes. You may buy multiple punch cards for one session.

4-Class Punch Card

Members: \$20 Non-Members: \$30

8-Class Punch Card

Members: \$40 Non-Members: \$60

Butts & Guts

*Tuesdays**

*6:50—7:20 P.M.**

**New time and location!*

Pioneer Room

Instructor: Mallory Moore

This is a 30-minute high energy muscle conditioning class that is designed to tone and shape your hips, thighs, butt, abdomen and lower back. We will use exercises that are specifically designed to target and tone these problem areas. This is a fun fast way to get in an effective workout and burn fat!

Members: \$20

Non-members: \$30

Traditional Ninjitsu

Thursdays

7—8:30 P.M.

Instructor: Jon Duvall

Pioneer Room

Based on feudal Japanese traditions of the Shinobi warriors, we can adapt the teachings of traditional Ninjitsu to a modern “street stlye” of basic self defense. Activities are designed to heighten awareness and focus while teaching the core values of discipline, self-respect, respect for others and a healthy lifestyle.

Members: \$32

Non-members: \$44

Kickboxing

Tuesdays & Thursdays

*7:30—8:30 P.M.**

**New time!*

Activity Room 2

Instructor: Mallory Moore

Backed by high energy music, kickboxing is a knockout way to burn calories and blast fat using a combination of muscle sculpting exercises and cardio. You will kick, punch, and block your way to a healthier you while learning basic self- defense moves. All fitness levels are welcome, move modifications can be made to make kickboxing work for you. Burn fat, relieve stress, and have fun with cardio kickboxing.

Members: \$40

Non-members: \$60

Yoga

Tuesdays & Thursdays

6:30—7:20 P.M.

Activity Room 2

Instructor: Emily Griffeth

This class focuses on stretching, strengthening, and proper breathing. Benefits of yoga include increased flexibility, strength, endurance, balance, and relaxation. Not flexible? No problem! Yoga will increase your flexibility gradually. Poses can be modified for beginners or advanced students. Don't forget to bring your mat!

Members: \$40

Non-members: \$60

Water Aerobics

Mondays & Wednesdays

6:30—7:15 P.M.*

*New time!

*August 8—25 only

Instructor: Mallory Moore

Indoor Pool

Water Aerobics is a class open to all fitness levels. The moves can be modified to help you reach your personal goals. The class consists of warm-up, cardio, resistive, and cool-down segments. This class is a great way to get a total body workout without stress on your joints. Beginners welcome!

Members: \$30

Non-members: \$45

Zumba

Mondays

7:30—8:20 P.M.

Instructor: Jennifer Miles

Activity Room 2

This class fuses hypnotic Latin rhymes and easy to follow moves to create a dynamic fitness program that will blow you away.

Zumba's goal is simple: we want you to work out, to love working out, and to get hooked. Zumba fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric burning, body energizing, awe-inspiring movements meant to engage and captivate for life!

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Members: \$20

Non-members: \$30

Personal Training

(See back of brochure)

Recreation Basketball

*Tuesdays
6—8 P.M.
Ages 14 & up only.*

Members: Free Non-members: \$3 (entry)

Jammin' with Juløø

*Saturdays
8—9 A.M.
Activity Room 2
Instructor: Julee Misch*

Come experience an exciting combination of great music, simple dance steps, resistance training, Pilates, yoga, and kick boxing movements wrapped up into a 60 minute total body workout.

Each class starts with a warm up, followed by approximately 30 minutes of cardio and finishing with strength and flexibility training with or without weights. Bring weights, water, and a workout mat for the floor!

Members: \$20 Non-members: \$30

Jammin' with Juløø Lite

*Mondays & Wednesdays
8—9 A.M.
Activity Room 2
Instructor: Julee Misch*

If you like the full body workout that regular Jamm'n with Julee has to offer but need something on the lighter side, this is the perfect class for you! Jamm'n with Julee Lite offers the same great music selection and formatting, just a step down in intensity. Some routines can even be modified by sitting in a chair. Bring your mat, hand weights (optional), and water!

Members: \$40 Non-members: \$60

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