

FEBRUARY

adult programs



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



Welcome to the 4-week February 2010 session!

All classes in this session are February 1—26 unless otherwise noted.

You may either register for classes traditionally by **January 31**, or buy a punch card for a more flexible session. (see below for details)

Sessions cancelled due to inclement weather 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.

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, Jamm'n with Julee 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

SNITCH BINGO

Wednesday, February 10

1—2 P.M.

Get out of the cold and into the fun! New this month is snitch bingo; when you win a game you can either choose a prize or steal a prize from another player. There will also be a snacks! Sign up by Sunday, February 7!

Members: \$4

Non-members: \$6

WATER AEROBICS

Tuesdays & Thursdays

6—6:45 P.M.

Instructor: Gale Thomas

Indoor Pool

Vigorous water aerobics class for men and women. Total body and cardio workout from start to finish. A great workout without stress on the joints!

Members: \$40

Non-members: \$60

KICKBOXING

Mondays & Wednesdays

6:30—7:20 P.M.

Mondays, Activity Room 1

Wednesdays, Activity Room 2

Instructor: Corie Drewry

Kickboxing is a knockout way to blast fat with muscle-sculpting exercises. You will use your whole body to target those stubborn problem areas. You can burn 500 calories/hour or more! Kickboxing is also a great way to learn self-defense and relieve stress. A great way to have fun and stay healthy!

Members: \$40

Non-members: \$60

YOGA

Tuesdays & Thursdays

6:30—7:20 P.M.

Tuesdays, Activity Room 1

Thursdays, 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. Don't forget to bring your mat!

Members: \$40

Non-members: \$60

HIGH / LOW

Mondays & Wednesdays

5:30—6:20 P.M.

Mondays, Activity Room 1

Wednesdays, Activity Room 2

Instructor: Maria Montoya

High / Low aerobics combines aspects of high impact and low impact traditional aerobics which makes it a great fitness activity for all levels. In this class you will blast through calories and increase lung capacity and blood circulation through fun cardio dance-inspired routines!

Members: \$40

Non-members: \$60

ZUMBA

Mondays & Thursdays

7:30—8:20 P.M.

Instructor: Jennifer Miles

Activity Room 2

Tuesdays & Wednesdays

7:30—8:20 P.M.

Instructor: Erica Cruz

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!

Members: \$40

Non-members: \$60

RECREATION BASKETBALL

Tuesdays
6—8 P.M.
Ages 14 & up only.

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

40 & OLDER RECREATION BASKETBALL

Tuesdays
8—9 P.M.
Ages 40 & up only.

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

PERSONAL TRAINING

Instructor: Jesse Hawkins, 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.

TRADITIONAL NINJITSU

Thursdays
8—9 P.M.
Instructor: Jon Duvall
Activity Room 1

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.

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

JAMM'N WITH JULEE

Tuesdays & Thursdays
5:15—6:15 P.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: \$40 Non-members: \$60

JAMM'N WITH JULEE 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