

MARCH

adult programs



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



All classes in this session are March 1—27 unless otherwise noted.

You may either register for classes traditionally by February 28, 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.

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

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. Participants are welcome to bring snacks! Sign up by Sunday, March 7!

Members: \$4 Non-members: \$6

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.

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)

MARCH MADNESS 3-ON-3 BASKETBALL TOURNAMENT

Tournament Day:

Saturday, March 13, starting at 9 A.M.

Final Four & Championship Game:

Tuesday, March 16, starting at 6 P.M.

**Deadline for Sign-Up:
Sunday, March 7**

Think you've got game? Prove it in the Replex's first 3-on-3 basketball tournament! Winning team get bragging rights for 1 year & signs to Golden Champ Ball to be on display at the Replex.

*Interested in being a volunteer referee? Let us know!

Rules:

- * must be 16 or older to participate
- * pre-registration required (must have at least 10 teams registered)
- * \$15 per team
- * players can be on 1 team only
- * games are 20 minutes long, half-court
- * double elimination tournament
- * individuals looking for a team may sign up on the stragglers list at the Replex

Team Fee: \$15

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

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

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