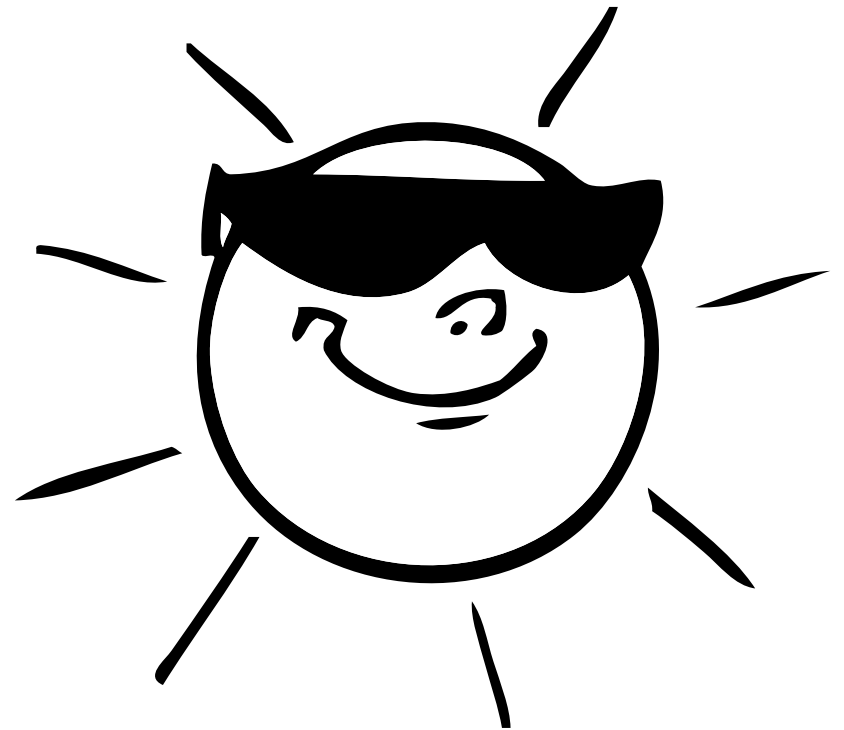


September

adult programs



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



All classes in this session are *September 6 – October 2* unless otherwise noted.

You may either *register for classes traditionally by September 5*, or buy a punch card for a more flexible session. (see inside-back for details) To register stop by the front desk, E-mail, or call. (We can accept debit/credit card payment over the phone.)

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.

*Fall session of Biggest Loser starts this month!!
See inside for details!*

Zumba

Mondays & Thursdays

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!

Members: \$40

Non-members: \$60

Personal Training

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.*

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

Traditional Ninjitsu

Thursdays
7 – 8:30 P.M.
Instructor: Jon Duvall
Gym, North Side*

**New Location!*

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

Yōga

Tuesdays & Thursdays
6:30 – 7:20 P.M.
Pioneer Room
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

Butts & Guts

Tuesdays
6:50 – 7:20 P.M.
Activity Room 2
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

Community Biggest Loser

Informational Meeting
Tuesday, Sept. 14
6 P.M., Pioneer Room
Weigh-ins on Wednesdays

New & Improved!

Do you need a little monetary motivation for losing weight? Pay money to the pot if you gain; win the pot if you place 1st, 2nd, or 3rd in your category! Join in for an initial fee and then pay \$1 for any week that you gain. Grab a partner and join in on the fun!

There will be two separate weight goal categories based on body mass index (BMI). The biggest loser is the person who loses the highest percentage of weight in their category. Prize money is given to 1st, 2nd, and 3rd place winners in each category. (The pot: the initial fee per person plus any \$1 penalty fees paid for gaining.)

This session of Biggest Loser will go through December 15.

Both new and returning Biggest Losers must attend the informational meeting; there are some changes to be aware of. (If you can't make it to the meeting please talk to Laura or Lyndi.)

Members: \$25 Non-members: \$35

Biggest Loser Premium Add-On *New!*

Need a little extra encouragement and motivation for Biggest Loser?

Try this new addition! Biggest Loser Premium Add-On gives you the tools and professional help you need to succeed in losing weight. You will receive an 8-class punch card (good for September – December) to take advantage of the great classes the Replex has to offer, and 2 one-on-one personal training sessions with our trainer. (Must be enrolled in Biggest Loser)

Members: \$75 Non-members: \$100

Recreation Basketball

Tuesdays

6 – 8 P.M.

Ages 14 & up only.

Members: Free

Non-members: \$3 (entry)

Jammin with Julee

Saturdays

8:15 – 9:15 A.M.*

Activity Room 2

Instructor: Julee Misch

***New time!**

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 Julee Lite

Mondays & Wednesdays

*NO CLASS on Monday, Sept. 13

8:15 – 9:15 A.M.*

Activity Room 2

Instructor: Julee Misch

***New time!**

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: \$35

Non-members: \$52.50

Water Aerobics

Mondays & Wednesdays

6:30 – 7:15 P.M.

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: \$40

Non-members: \$60

Kickboxing

Tuesdays & Thursdays

7:30 – 8:30 P.M.

Tuesdays: Activity Room 2

Thursdays: Pioneer Room

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

After School Special: Boot Camp

**New time slot;
Great for teachers!**

Mondays & Wednesdays

4 – 5 P.M.

Activity Room 2

Instructor: Mallory Moore

Line up and get ready for a great all-around workout! This class alternates intervals of cardio exercise with muscular training to give you an optimal full body workout. Don't forget to bring your hand weights and a mat!

Members: \$40

Non-members: \$60