

# 50 PLUS! FITNESS

## EARLY MORNING WALKING WITH WEIGHTS

*Free!*

### Ages 50+

Get your daily exercise with friends inside the Douglass Community Center! We'll listen to great music as we walk. Hand-held weights will be available to those who would like a more challenging workout. It's fun and free!

Date	Day	Time
1/3-5/11*	M-F	8-9a

No Class: 1/15\*

Location: Douglass Community Center

Questions: mary.howell@champaignparks.com or 217-398-2573

## CARDIO WORKOUTS



### Ages 50+

Health is the new wealth, and we want all our 50 Plus participants to be rich beyond their needs; so do not miss out on the cardio workouts. There will be a mix between video and instructed classes. Don't want to sweat? Go at your own pace and still enjoy a great workout!

Date	Day	Time	Fee (M/NM)
1/3-5/14*	Tu/Th	2-3p	Free/\$3 per session

No Class: 4/25\*

Location: Douglass Annex

Questions: darius.white@champaignparks.com or 217-819-3961

## WALK THIS WAY



### Ages 50+

You'll never walk alone with us! Join us at the Market Place Mall to exercise while socializing and maybe you'll make some new friends.

Date	Day	Time
Year Round	2nd Wed of the month	9:30-10:15a

Location: Market Place Mall

Fee (M/NM): Free/\$3 per session

Questions: cynthia.williams@champaignparks.com or 217-239-1152

= Free with membership!



## CHAIR EXERCISES



### Ages 50+

These exercise sessions focus on providing you with a great workout while in the support of a chair. Focus on stretch and strength, core fitness, or yoga. No matter your preference, you are sure to burn calories!

Date	Day	Time	Location
Year round*	M/W/F	9-10a	Douglass Annex
Year round	M/Th	9-9:45a	Hays Recreation Center

No Class: 1/2, 1/7, 1/21, 2/4, 3/4, 3/20, 4/1, 4/17, 5/6\*

Fee (M/NM): Free/\$3 per session

Min/Max: 1/15

Questions: Douglass: darius.white@champaignparks.com or 217-819-3961

Hays: cynthia.williams@champaignparks.com or 217-239-1152

## LET'S DANCE!

### Ages 50+

See page 48 for this groovin' fitness class held at Springer Cultural Center.