



Fitness Programs

Fit for Life

Monday, Wednesday, Friday, 9-9:50am
Phillips Recreation Center
Age 15 and Up

This class leads older adults, prenatal, cardiac rehab patients and first-time exercisers through a well-balanced exercise program. Practice aerobics, strength training and stretching to increase muscle tone and flexibility and to enhance cardiovascular endurance.

No Class May 29.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 8-Jun 30	\$61R/\$92NR	Apr 24	\$76R/\$114NR	May 8	5387
Jul 3-Aug 25	\$64R/\$96NR	Jun 19	\$80R/\$120NR	Jul 3	5388

Hard Core

Monday, Wednesday, Friday, 5:30-6:20pm
Phillips Recreation Center
Age 15 and Up

Develop a solid 'hard' core while working other muscle groups at the same time. Exercises can be modified to meet the needs of everyone who participates, from the exercise newbie to the exercise junkie. If you're looking for a balanced exercise experience; one that works strength, cardiovascular endurance, flexibility and balance - you've found it!

No Class May 29.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 8-Jun 30	\$61R/\$92NR	Apr 24	\$76R/\$114NR	May 8	5400
Jul 3-Aug 25	\$64R/\$96NR	Jun 19	\$80R/\$120NR	Jul 3	5401



FREE! Fitness Week May 1-5

Try out any fitness classes at the Phillips Recreation Center, the Urbana Indoor Aquatic Center, the Anita Purves Nature Center or Brookens Gym absolutely free for this week. It's one way that we can say "Thanks!" to our continuing participants and "Welcome!" to our new participants. So come on by, try out a class, and let us know what you think.

Please Note: Tai Chi, Yoga Hikes and Line Dance Fitness are not included.

Boot Camp

Monday, Wednesday, Friday, 12-12:50pm
Brookens Gymnasium
Age 15 and Up

Challenge yourself with this fast-paced, calorie-blasting workout, using the traditional Boot Camp approach. This fun and engaging class is geared toward all fitness levels, and utilizes elements of strength training and high-intensity cardio. Modifications are always offered for beginner to advanced participants.

No Class May 29.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 8-Jun 30	\$61R/\$92NR	Apr 24	\$76R/\$114NR	May 8	5381
Jul 3-Aug 25	\$64R/\$96NR	Jun 19	\$80R/\$120NR	Jul 3	5382

Butts & Guts

Monday, Wednesday, Friday, 4:45-5:25pm
Phillips Recreation Center
Age 15 and Up

This class is specifically designed to target those "hard to get" areas. Combining gluteal ("butt") work with abdominal ("gut") work, and mixing in some cardio, this class focuses on reducing fat while building muscle. If you've always wanted to shed some fat while achieving ripped abs and a tight booty, this is the class for you!

No Class May 29.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 8-Jun 30	\$61R/\$92NR	Apr 24	\$76R/\$114NR	May 8	5384
Jul 3-Aug 25	\$64R/\$96NR	Jun 19	\$80R/\$120NR	Jul 3	5385

H.I.I.T. Revolution

Tuesday, Thursday, 12-12:50pm
Brookens Gymnasium
Age 15 and Up

High Intensity Interval Training (H.I.I.T.) is an efficient and effective workout style that is designed to keep you burning calories long after you are done. Power through moderate to intense intervals using body weight and resistance equipment to improve metabolism, cardiovascular and athletic ability. Modifications are offered for all fitness levels.

No Class July 4.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-Jun 29	\$50R/\$75NR	Apr 25	\$63R/\$94NR	May 9	5397
Jul 6-Aug 24	\$47R/\$70NR	Jun 22	\$59R/\$88NR	Jul 6	5398

Low Impact Aerobics

Monday, Wednesday, Friday, 8-8:50am
Phillips Recreation Center
Age 15 and Up

Wake up to a class that is loaded with fun and has a spirited new low-impact routine every morning. This class is a great way to kick off your day and help you keep fit.

No Class May 29.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 8-Jun 30	\$61R/\$92NR	Apr 24	\$76R/\$114NR	May 8	5421
Jul 3-Aug 25	\$64R/\$96NR	Jun 19	\$80R/\$120NR	Jul 3	5422

Totally Toning

Tuesday, Thursday, 7-7:50am
Phillips Recreation Center
Age 15 and Up

This total body strengthening and toning class uses a variety of options to develop every major muscle group. It's an efficiently-paced, calorie-burning workout to help you reduce body fat and build muscle. We will use free weights, resistance bands, Bosu balls, TRX bands and other equipment to help you work toward your goals.

No Class July 4.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-Jun 29	\$50R/\$75NR	Apr 25	\$63R/\$94NR	May 9	5448
Jul 6-Aug 24	\$47R/\$70NR	Jun 22	\$59R/\$88NR	Jul 6	5449



Senior Strengtheners

Tuesday, Thursday, 9:30-10:20am
Phillips Recreation Center
Age 15 and Up

Increase your muscle strength, tone your body, and work on balance and flexibility. Using light weights, work every major muscle at each class and end with a relaxing routine of stretches.

No Class July 4.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-Jun 29	\$50R/\$75NR	Apr 25	\$63R/\$94NR	May 9	5430
Jul 6-Aug 24	\$47R/\$70NR	Jun 22	\$59R/\$88NR	Jul 6	5431

Strength & Conditioning

Tuesday, Thursday, 4:45-5:35pm
Phillips Recreation Center
Age 15 and Up

Mix up your workout and add strength training to your cardio! Strengthen and tone all of your major muscle groups with a total body weight-training program. This class will help firm all areas and build stamina by using hand weights, resistance bands and the stability ball.

No Class July 4.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-Jun 29	\$50R/\$75NR	Apr 25	\$63R/\$94NR	May 9	5433
Jul 6-Aug 24	\$47R/\$70NR	Jun 22	\$59R/\$88NR	Jul 6	5434

Zumba

Monday, Wednesday, Friday, 3:45-4:35pm
Phillips Recreation Center
Age 15 and Up

Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Zumba is the world's largest - and most successful - dance-fitness program for people of all shapes, sizes and ages.

No Class May 29.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 8-Jun 30	\$61R/\$92NR	Apr 24	\$76R/\$114NR	May 8	5459
Jul 3-Aug 25	\$64R/\$96NR	Jun 19	\$80R/\$120NR	Jul 3	5460





Flow Yoga

Tuesday, Thursday, 8-9:15am
Phillips Recreation Center
Age 15 and Up

Join our certified Astanga Yoga instructors as they help you to enhance your body's strength, flexibility, breathing and balance with the physical and emotional approach of Yoga. Expert attention is given to your special needs, as the instructor makes corrections via verbal instruction and/or hands-on adjustment.
No Class July 4.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-Jun 29	\$60R/\$90NR	Apr 25	\$75R/\$112NR	May 9	5391
Jul 6-Aug 24	\$56R/\$84NR	Jun 22	\$70R/\$105NR	Jul 6	5392

Yoga for Every Body

Tuesday, Thursday, 5:30-6:45pm
Anita Purves Nature Center
Age 15 and Up

Yoga is accessible for everyone regardless of age, physical strength or flexibility. Whether you are new or experienced, each class is tailored to meet the needs of the student with the use of props and posture variations with an emphasis on the importance of alignment, the breath, and the mind/body connection. Meditation and breath control reduces stress and heals the nervous system. The physical practice of yoga tones the body, improves muscular strength, flexibility, posture and joint stability. The continued practice of yoga opens the door to a greater sense of self and peace of mind.

No Class July 4. Class on Aug 15 & 17 will meet at the Lake House in Crystal Lake Park.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-Jun 29	\$60R/\$90NR	Apr 25	\$75R/\$112NR	May 9	5424
Jul 6-Aug 24	\$56R/\$84NR	Jun 22	\$70R/\$105NR	Jul 6	5425

Get Fit Where You Sit!™ Chair Yoga

Wednesday, 10:15-11:05am
Phillips Recreation Center
Age 15 and Up

This calming and refreshing class provides a nice, gentle stretch and a great start to your day. Robin from LV Chair Yoga teaches movements done while sitting in a chair. It is a simple yet invigorating form of fitness.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 10-Jun 28	\$34R/\$51NR	Apr 26	\$43R/\$65NR	May 10	5394
Jul 5-Aug 23	\$34R/\$51NR	Jun 21	\$43R/\$65NR	Jul 5	5395

Yoga Fusion

Monday, Wednesday, 1-2:15pm
Phillips Recreation Center
Age 15 and Up

This unique class fuses elements of yoga and Pilates with personal training and dance conditioning techniques. Learn to improve balance, core strength, flexibility and postural awareness in a playful atmosphere that makes small group personal training FUN! Class concludes with a simple relaxation sequence to calm the body, quiet the mind, and uplift the spirit.

No Class May 29.

Date	EB Cost	Deadline	Cost	Deadline	Code
May 8-Jun 28	\$56R/\$84NR	Apr 24	\$70R/\$105NR	May 8	5455
Jul 3-Aug 23	\$60R/\$90NR	Jun 19	\$75R/\$112NR	Jul 3	5456

Tai Chi

Monday, Wednesday or Tuesday, Thursday
Phillips Recreation Center
Age 15 and Up

This class is designed to reduce stress and enhance meditation through the ancient, passive martial art of Tai Chi. This art form will strengthen your mental well-being, balance, coordination and flexibility. Our Black Belt instructors will guide you through easy lessons that will strengthen your mind and body. As students advance through sessions they will learn: Chi Kung, Stances, kicks, and Tai Chi I, 24 movements.

No evening class May 29 & Sep 4.

No morning class July 4.

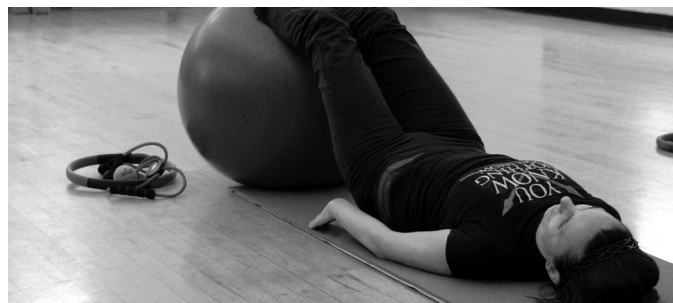
Age	Day	Time	Location
15+	MW (Beginner)	6:30-7:30pm	Phillips Recreation Center
15+	MW (Advanced)	6:30-8pm	Phillips Recreation Center
15+	TTh (Beginner)	10:30-11:30am	Phillips Recreation Center
15+	TTh (Advanced)	10:30am-12pm	Phillips Recreation Center

Monday, Wednesday Classes (Evening Class)

Date	EB Cost	Deadline	Cost	Deadline	Code
May 8-Jul 5 (Beg)	\$49R/\$74NR	Apr 24	\$62R/\$93NR	May 8	5445
May 8-Jul 5 (Adv)	\$58R/\$87NR	Apr 24	\$73R/\$109NR	May 8	5442
Jul 10-Sep 6 (Beg)	\$49R/\$74NR	Jun 26	\$62R/\$93NR	Jul 10	5446
Jul 10-Sep 6 (Adv)	\$58R/\$87NR	Jun 26	\$73R/\$109NR	Jul 10	5443

Tuesday, Thursday Classes (Morning Class)

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-Jul 6 (Beg)	\$49R/\$74NR	Apr 25	\$62R/\$93NR	May 9	5439
May 9-Jul 6 (Adv)	\$58R/\$87NR	Apr 25	\$73R/\$109NR	May 9	5436
Jul 11-Sep 7 (Beg)	\$52R/\$78NR	Jun 27	\$65R/\$98NR	Jul 11	5440
Jul 11-Sep 7 (Adv)	\$61R/\$92NR	Jun 27	\$77R/\$116NR	Jul 11	5437



Indoor Deep Water Aerobics

Monday, Wednesday, Friday, 6-6:50am & 12-12:50pm
Monday, Wednesday, 6-6:50pm
Urbana Indoor Aquatic Center
Age 15 and Up

This class is a deep-water workout suitable for all ages and levels of fitness that will challenge both the cardiovascular and muscular systems. Combining aerobic conditioning (and calorie burning!) with strength training, muscular endurance and flexibility, this class is great way to get fit and toned while having fun! Typical workouts include swimming, water walking, water jogging and invigorating non-impact deep-water exercises in the deep end of the pool. Basic swimming skills are needed. Exercise equipment is provided.

No Class May 29.

No 6pm Class May 15.

Age	Day	Time	Location
15+	MWF	6-6:50am	Urbana Indoor Aquatic Center
15+	MWF	12-12:50pm	Urbana Indoor Aquatic Center
15+	MW	6-6:50pm	Urbana Indoor Aquatic Center

MWF 6-6:50am

Date	EB Cost	Deadline	Cost	Deadline	Code
May 8-Jun 9	\$42R/\$63NR	Apr 24	\$53R/\$80NR	May 8	5407
Jun 12-Jul 14	\$45R/\$68NR	May 30	\$56R/\$84NR	Jul 12	5408
Jul 31-Aug 25	\$36R/\$54NR	Jul 17	\$45R/\$68NR	Jul 31	5522

MWF 12-12:50pm

Date	EB Cost	Deadline	Cost	Deadline	Code
May 8-Jun 2	\$36R/\$54NR	Apr 24	\$45R/\$68NR	May 8	5403

MW 6-6:50pm

Date	EB Cost	Deadline	Cost	Deadline	Code
May 8-Jun 7	\$24R/\$36NR	Apr 24	\$30R/\$45NR	May 8	5410
Jun 12-Jul 12	\$30R/\$45NR	May 30	\$38R/\$57NR	Jun 12	5411
Jul 31-Aug 23	\$24R/\$36NR	Jul 17	\$30R/\$45NR	Jul 31	5523

Aqua Jog

Monday, Wednesday, Friday, 8-8:50am
Crystal Lake Park Family Aquatic Center
Age 15 and Up

Utilizing walking, jogging, and cross-country skiing movements in deep water, this workout is a great way to improve cardiovascular fitness and muscle tone while burning excess body fat. Studies indicate that one-half hour of aqua jogging is equal to one hour and 20 minutes of running on land, all without the joint and muscle stress of land exercise!

Date	EB Cost	Deadline	Cost	Deadline	Code
Jun 5-Jul 14	\$54R/\$81NR	May 22	\$68R/\$102NR	Jun 5	5462
Jul 17-Aug 25	\$54R/\$81NR	Jul 3	\$68R/\$102NR	Jul 17	5463



Outdoor Deep Water Aerobics

Monday, Wednesday, Friday, 11-11:50am
Tuesday, Thursday, 11-11:50am
Crystal Lake Park Family Aquatic Center
Age 15 and Up

This class is a deep-water workout suitable for all ages and levels of fitness that will challenge both the cardiovascular and muscular systems. Combining aerobic conditioning (and calorie burning!) with strength training, muscular endurance and flexibility, this class is great way to get fit and toned while having fun! Typical workouts include swimming, water walking, water jogging and invigorating non-impact deep-water exercises in the deep end of the pool. Basic swimming skills are needed. Exercise equipment is provided.

No Class Jul 4.

Age	Day	Time	Location
15+	MWF	6:15-7:05am	Crystal Lake Park Family Aquatic Center (*During UIAC closure)
15+	MWF	11-11:50am	Crystal Lake Park Family Aquatic Center
15+	TTh	11-11:50am	Crystal Lake Park Family Aquatic Center

MWF 6:15-7:05am (*during UIAC closure)

Date	EB Cost	Deadline	Cost	Deadline	Code
Jul 17-Jul 28	\$18R/\$27NR	Jul 3	\$23R/\$35NR	Jul 17	5521

MWF 11-11:50am

Date	EB Cost	Deadline	Cost	Deadline	Code
Jun 5-Jul 14	\$54R/\$81NR	May 22	\$68R/\$102NR	Jun 5	5466
Jul 17-Aug 25	\$54R/\$81NR	Jul 3	\$68R/\$102NR	Jul 17	5467

TTh 11-1:50am

Date	EB Cost	Deadline	Cost	Deadline	Code
Jun 6-Jul 13	\$33R/\$50NR	May 23	\$41R/\$62NR	Jun 6	5469
Jul 18-Aug 24	\$36R/\$54NR	Jul 3	\$45R/\$68NR	Jul 18	5470

Urbana Park District Rainout Line. Download the app or call us.

For information about program cancellations, including weather cancellations, and for updates about special events or other key happenings at the Urbana Park District, you may call the **Sports, Program, and Event Hotline at 217-367-9575**. For evening sports programs, this line will be updated after 4:30pm on weekdays and one hour before the scheduled program or sports on weekends. All other updates will be made as conditions change. You may also find out about the rainoutline app for your phone at: <http://www.urbanaparks.org/events/rain-outs-and-cancellations/>



Basic Water Exercise

Tuesday, Thursday, 6-6:50am or 6-6:50pm
 Urbana Indoor Aquatic Center
 Age 15 and Up

Try this fun way to burn fat, tone your muscles and keep your heart healthy. Sample aerobic moves, water walking, water strengthening and much more. This invigorating exercise routine takes place in shallow water.

No Class Jul 4.

Age	Day	Time	Location
15+	TTh	6:00am	Urbana Indoor Aquatic Center
15+	TTh	6:15am	Crystal Lake Park Family Aquatic Center (*During UIAC closure)
15+	TTh	6:00pm	Urbana Indoor Aquatic Center

TTh 6:00am

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-Jun 8	\$30R/\$45NR	Apr 25	\$38R/\$57NR	May 9	5375
Jun 13-Jul 13	\$27R/\$41NR	May 30	\$34R/\$51NR	Jun 13	5376
Aug 1-Aug 24	\$24R/\$36NR	Jul 18	\$30R/\$45NR	Aug 1	5524

TTh 6:15am (*During UIAC closure)

Date	EB Cost	Deadline	Cost	Deadline	Code
Jul 18-Jul 27	\$12R/\$18NR	Jul 5	\$15R/\$23NR	Jul 18	5520

TTh 6:00pm

Date	EB Cost	Deadline	Cost	Deadline	Code
May 9-Jun 8	\$30R/\$45NR	Apr 25	\$38R/\$57NR	May 9	5378
Jun 13-Jul 13	\$27R/\$41NR	May 30	\$34R/\$51NR	Jun 13	5379
Aug 1-Aug 24	\$24R/\$36NR	Jul 18	\$30R/\$45NR	Aug 1	5525

Line Dance Fitness

Select Fridays, 6:30-7:20pm
 Phillips Recreation Center
 \$5 per class (no separate fees for residents and nonresidents)
 Age 15 and Up

Enjoy dance steps from yesterday, set to today's popular music! Line Dance Fitness is a fun and exciting way to burn calories as participants rack up over 2 miles worth of steps in a typical 50 minute class. Join Davi for a cardio workout that is full of easy to learn dance combinations and is great for all fitness levels!

Date	Cost	Deadline	Code
May 12	\$5	May 11	5412
May 19	\$5	May 18	5413
June 2	\$5	June 1	5414
June 10	\$5	June 5	5415
June 23	\$5	June 2	5416
July 7	\$5	July 5	5417
July 21	\$5	July 20	5418
August 4	\$5	August 3	5419
August 18	\$5	August 17	5526

*Register for each class individually. Must register in advance to participate. No walk-ins. Flexi passes are not accepted.

Yoga Hikes

Select Tuesdays, 5:30-6:30pm
 Meadowbrook Park, Busey Woods, or Crystal Lake Park
 \$5 per class (no separate fees for residents and nonresidents)
 Age 15 and Up

Yoga Hikes are a strengthening, active, and "zenned out" way to have a toning experience while becoming one with nature. Our nature-based Yoga Hikes combine the cardio benefits of well-paced hiking with the strengthening and toning moves of yoga. Yoga Hikes explore Urbana's nature trails and typically have three yoga toning stops along the way. Yoga Hikes are led by certified yoga & fitness instructor Lola Pittenger, who will keep you moving, help you advance your yoga practice, and encourage you to connect in gratitude with the natural world.

Date	Cost	Deadline	Location	Code
June 6	\$5	June 5	Meadowbrook Park	5527
June 20	\$5	June 19	Busey Woods	5528
July 11	\$5	July 10	Crystal Lake Park	5529
July 25	\$5	July 24	Meadowbrook Park	5530
August 8	\$5	August 7	Busey Woods	5531
August 22	\$5	August 21	Crystal Lake Park	5532

*Register for each hike individually. Must register in advance to participate. No walk-ins. Flexi passes not accepted. Hikes are weather dependent. Check www.urbanaparks.org or sign up for our Rainout Line for up-to-date cancellation information.



CANCELLED

Yoga in the Park

Saturdays, June 10-Aug 26, 9am
Meadowbrook Park
All Ages and Abilities

Come outside to experience the joy of yoga! Join the Urbana Park District, your community, and a variety of talented yoga instructors as we take to beautiful Meadowbrook Park for yoga in the open-air. All ages and abilities are welcome to join us as we gather to celebrate movement and breath under our beautiful prairie skies. Instructors will offer modifications so you can practice at your own level. This is a FREE yoga practice, so invite your friends and family along, bring a yoga mat (although we have loaners if you need one), some comfortable clothing, and the desire to practice yoga in an outdoor setting. Last summer was fantastic, and this summer will provide more great yoga to enjoy! While this program is free, donations are accepted to benefit the Urbana Park District Youth Scholarship Fund.

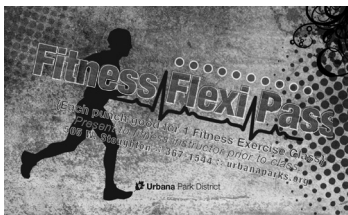


Meet the Instructor Kristina Reese

Kristina Reese teaches Yoga for the Urbana Park District and is a Yoga Alliance certified teacher. She has been teaching yoga, meditation and retreats since 2011. Her yoga passion stems from her background in athletics coupled with a desire to find joy in each moment. Her meditation practice and study combines movement, repetition, concentration and mindfulness, guided by yogic philosophies. Practicing with Kristina you can expect to find confidence and peace. Confidence that comes from approaching and overcoming new challenges; peace as you accept and love yourself exactly as you are in the moment. Ideally, you'll leave with a smile, too.

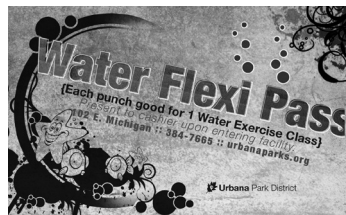
Flexible Fitness Punch Cards

If your schedule fluctuates or you find it difficult to attend an entire session of fitness classes, purchase a 10-class Flexible Fitness Punch Card. Attend any class that accommodates your schedule. Passes may be used for all classes in their category. Pre-registered participants get priority of class space. Passes are not interchangeable across categories. Before each class you attend, present the card upon arrival and you will be admitted to the class. Punch cards are valid from one session to the next. **Flexi Passes are not accepted for Line Dance Fitness, Tai Chi, Yoga Hikes, and Yoga in the Park.**



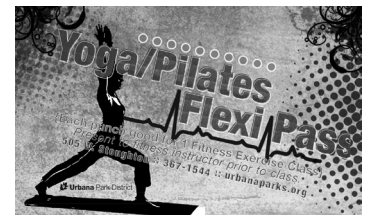
Land Fitness Pass \$35R/\$53NR

- Boot Camp
- Butts & Guts
- Fit for Life
- Hard Core
- H.I.I.T. Revolution
- Low Impact Aerobics
- Totally Toning
- Senior Strengtheners
- Strength & Conditioning
- Zumba



Water Fitness Pass \$43R/\$65NR

- Indoor Deep Water Aerobics
- Aqua Jog
- Outdoor Deep Water Aerobics
- Basic Water Exercise



Yoga/Pilates Pass \$45R/\$68NR

- Flow Yoga
- Yoga for Every Body
- Chair Yoga
- Yoga Fusion



Community Bike Activities

Community Full Moon Night Ride

Wednesday, May 10

6-8pm, Live Music - James & Jamie Lou - Bluegrass & American Roots Duo

6:15pm - Kidical Mass bicycle ride for kids

7:30pm - Drawing for youth bicycle giveaways

7:40pm - Departure for night ride to Sidney Dairy Barn

Meadowbrook Park, Windsor Road parking lot

All Ages

Celebrate National Bike Month! Visit bike shops offering ABC bike safety checkups, bicycle and advocacy groups. Join a 22-mile round-trip night bike ride departing shortly before sunset to enjoy both the sunset and moonrise over the prairie on a "pick your speed" ride over very low traffic country roads to enjoy the regional favorite ice cream. After eating and socializing, the sun is set and the moon is in the sky for a very magical ride home. **State law requires lights, and helmets are highly recommended.** Rain Date: May 11. For more information, visit www.prairiecycleclub.org. Call the Urbana Park District Rainout Line for weather cancellations at 217-367-9575.

Meadowbrook Full Moon Night Rides

June 9, July 8, August 6, September 5

Meadowbrook Park, Windsor Road parking lot

The Meadowbrook Full Moon Night Ride departs from Meadowbrook Park's Windsor Road parking lot shortly before sunset to enjoy both the sunset and moonrise over the prairie on a "pick your speed" ride over very low traffic country roads to Sidney Dairy Barn to enjoy the regional favorite ice cream.

Ride to the Depot Bicycle Tour

Sunday, July 23, 7-10am

Join us at the start in nearby White Heath, IL for a bicycle tour following the Sangamon River. The tour will consist of 16, 30, 70, and 100 mile loops including visits to Lake of the Woods Forest Preserve and Allerton Park. Food and support will be provided. All profits go to the Kickapoo Rail Trail connecting Urbana and Danville, IL. For complete information on the tour, visit www.ridetothedepot.com.

Meadowbrook Sunset Ride

Wednesday, August 9

6:30-8pm, In conjunction with Neighborhood Nights (see p.12)

6:45pm - Kidical Mass bicycle ride for kids

7:40pm - Departure for Sunset Ride

Meadowbrook Park, Windsor Road parking lot

All Ages

Visit bike shops offering ABC bike safety checkups, bicycle and advocacy groups. Enjoy the sunset over the prairie on a "pick your speed" 8-10 mile ride over very low traffic country roads returning to Meadowbrook Park. **State law requires lights, and helmets are highly recommended.** For more information, visit [prairiecycleclub.org](http://www.prairiecycleclub.org). Call the Urbana Park District Rainout Line for weather cancellations at 217-367-9575.

Urbana Park District Has Been Connected to Rail Trail Since the Beginning; Plans to be Kick-off to Kickapoo.

Since 1993 the Urbana Park District has been a leader in planning and promotion of the new Kickapoo Rail Trail. The district hosted the first organized meeting at the Lake House in Crystal Lake Park to begin the planning process for the proposed greenway.

The Kickapoo Rail Trail is the first and only regional trail facility established in east Central Illinois and the first completed section is expected to open this summer. The 24.5-mile trail will be an eventual link Urbana to Danville and Kickapoo State Park. This preserved former rail corridor will be transformed into a multi-use, regional trail network connecting a number of communities along the active corridor.

Imagine Urbana becoming a trail town—hosting thousands of new visitors each year that arrive at Weaver Park and then head west to check out downtown Urbana to play, shop and dine at one of the many destinations located in our city core.

Weaver Park will serve as the premier trailhead park in Urbana and will include all of the park amenities to make the park the hub of activity to serve trail users. The Urbana Park District is committed to working with the city of Urbana and the Champaign County Forest Preserve District to finalize plans for Weaver Park as a starting point for the trail and to make sure that the Urbana Park District's front door is open and ready to welcome visitors in 2017.

Inaugural Ray Spooner Memorial Ride for ALS Benefit

Saturday, August 5, 7-10am

Location: Start of Kickapoo Rail Trail in Urbana

*Parking at Urbana Walmart

Ride Lengths: 13, 35, 65, 100, and 125 miles

For ride updates and registration: www.rayslittleride.com

Ray Spooner (husband, father, grandfather, midwife, cycling enthusiast and fundraiser) was diagnosed with ALS in December 2014. After the initial shock, Ray decided to fulfill his dream to ride his bike across the United States and use it as a way to raise awareness and funds to find a cure for ALS. It was clear his efforts would not benefit him but those in the future who would receive the same devastating news. Shortly before his death last summer a friend asked Ray if he would be ok with an annual bike ride in his name that would continue to benefit his cause to raise funds for MDA/ALS. He smiled and texted he agreed. To read more about Ray's journey, visit www.rayslittleride.com.

Fitness Programs Schedule

Phillips Recreation Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am		Totally Toning		Totally Toning		
8:00am	Low Impact Aerobics	Flow Yoga	Low Impact Aerobics	Flow Yoga	Low Impact Aerobics	
9:00am	Fit For Life (9-9:50am)	Senior Strengtheners (9:30-10:20am)	Fit For Life (9-9:50am) Chair Yoga (10:15-11:05am)	Senior Strengtheners (9:30-10:20am)	Fit For Life (9-9:50am)	
10:00am						
11:00am		Tai Chi		Tai Chi		
12:00pm		(10:30am-12pm)		(10:30-12pm)		
1:00pm						
1:30pm	Yoga Fusion		Yoga Fusion			
2:15pm						
3:45pm	Zumba NOTE: Session 1 (May 8-June 30) has been canceled.		Zumba NOTE: Session 1 (May 8-June 30) has been canceled.		Zumba NOTE: Session 1 (May 8-June 30) has been canceled.	
4:45pm	Butts & Guts	Strength & Conditioning	Butts & Guts	Strength & Conditioning	Butts & Guts	
5:30pm	Hard Core		Hard Core		Hard Core	
6:30pm	Tai Chi		Tai Chi			
7:30pm	(6:30-8pm)		(6:30-8pm)			

Brookens Gym

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm	Boot Camp	H.I.I.T. Revolution	Boot Camp	H.I.I.T. Revolution	Boot Camp	
12:50pm						

Urbana Indoor Aquatic Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Deep Water Aerobics	Basic Water Exercise	Deep Water Aerobics	Basic Water Exercise	Deep Water Aerobics	
6:50am						
12:00pm	Deep Water Aerobics (May 8-June 2)		Deep Water Aerobics (May 8-June 2)		Deep Water Aerobics (May 8-June 2)	
12:50pm						
6:00pm	Deep Water Aerobics	Basic Water Exercise	Deep Water Aerobics	Basic Water Exercise		
6:50pm						

Anita Purves Nature Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30pm		Yoga for Every Body		Yoga for Every Body		
6:45pm						

Crystal Lake Park Family Aquatic Center - Classes begin June 5

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	Aqua Jog		Aqua Jog		Aqua Jog	
8:50am						
11:00am	Outdoor Deep	Outdoor Deep	Outdoor Deep	Outdoor Deep	Outdoor Deep	
11:50am	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	

Register Online: www.urbanaparks.org/register/

Schedule is subject to change. Visit www.urbanaparks.org/programs/fitness-and-wellness/ for the most up-to-date schedule.