

Monticello Group Fitness Beginning September 25, 2017

THE FITNESS CENTER

WWW.FITCEN.COM

217 762-3600

It's Time To Get Fit

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:05 AM 20 - 20 - 20 Sarah	5:05 AM Team Strength Kelle	5:15 AM Pilates Kiki	5:05 AM CSI Kelle		
	8:30 AM Cardio - TS Kelle	8:30 AM Zumba Caroline	8:30 AM Pilates Kiki	8:30 AM Team Strength Kiki		8:00 AM Zumba Caroline
	9:35 AM CoreFit Kelle			9:45 AM Silver Sneakers Kiki		
	10:15 AM Silver Sneakers Adam		10:15 AM Silver Sneakers Adam			
	5:15 PM Step & Pump Kelle	<p style="text-align: center;">Bring a friend to class and We will give them a FREE WEEK of classes!</p>				

Your
TOP RATED
Fitness Center



Get Ready To
Change Your Life

YOU ARE OUR PRIORITY!

Managed Hours
For Non-Members & Visitors
M-F 9:00 - 11:00 AM
M-Th 5:00 - 7:00 PM

Member Building Access
With FOB
4:00 AM to 10:00 PM 365

Class Attendance:
Classes with LOW atten-
dance will be cancelled.
**If you enjoy the class...
keep coming & bring a
friend!**

**WATCH FOR
GROUP CYCLING
COMING SOON!**

Cardio Team Strength: Want to try something different? The best of both worlds - cardio & strength. Part treadmill, part bootcamp.

20 - 20 - 20: Twenty minutes each of Cardio Blast, Toning and Stretching.

The Blend: A mix of Cardio, Core, Strength, Balance and Agility.

CSI: High Intensity Cardio combined with Strength and Toning.

Pilates: Improve your Core Strength, Postural Alignment and Condition your whole body.

Zumba: Latin inspired calorie burning dance fitness. If you can march, you can zumba.

Silver Sneakers: Low impact exercise to build strength, balance and flexibility.

Step & Pump: Interval class that mixes step aerobics and strength training.

CoreFit: Train for improvement in everyday real life activities..