Class Schedule

November

Monday to Thursday / 5 am – 8 pm
Friday / 5 am –7 pm
Saturday and Sunday / 7 am – 3 pm

Class descriptions on back.

MONDAY

8:30 – 9:30 am
SHiNE Dance Fitness + UPLIFT
Stacy / Studio

10:45 – 11:15 am
Basic Strength Training and Balance
Charmayne / Studio

11:30 am – Noon
Total Body Strength
Charmayne / Studio

Noon – 12:30 pm
Circuit Training
Kendall / Fitness Floor

5:30 – 6:30 pm
UPLIFT
Jamie / Studio

TUESDAY

5:30 – 6:30 am
SHiNE / UPLIFT
Beka / Studio

Noon – 12:30 pm
Yoga
Linda / Studio

1:30 – 2:15 pm
Basic Strength Training and Balance
Alessia / Studio

5:00 – 5:30 pm
Pilates
Alex / Studio
Canceled 11/17

5:30 – 6:15 pm
Circuit Training
Layton / Fitness Floor
Substitute Alessia 11/10

WEDNESDAY

5:30 – 6:30 am
SHiNE / UPLIFT
Stacy / Beka / Studio

8:30 – 9:30 am
SHiNE LIGHT Dance Fitness
Mikki / Studio

10 – 10:45 am
Basic Strength Training and Balance
Kendall / Studio

Noon – 12:30 pm
Pilates
Jayla / Studio

5:30 – 6:15 pm
Trainer's Choice
Seth / Fitness Floor
Substitute Alessia 11/11

THURSDAY

5:30 – 6:30 am
SHiNE / UPLIFT
Beka / Stacy / Studio

10 – 10:45 am
Intermediate Strength Training and Balance
Charmayne / Studio

5:30 – 6:30 pm
SHiNE / UPLIFT
Stacy / Beka / Studio

FRIDAY

5:30 – 6:30 am
UPLIFT
Jamie / Studio

8:30 – 9:30 am
SHiNE LIGHT Dance Fitness
Mikki / Studio

10 – 10:45 am
Basic Strength Training and Balance
Layton / Studio
Substitute Kendall 11/13, 11/27

Noon – 12:30 pm
Cardio Core
Kendall / Fitness Floor

Saturday

8:30 – 9:30 am
SHiNE/UPLIFT
Jamie / Mikki / Stacy / Studio

CLOSED – **Thanksgiving Day, 11/26**

Sarah Bush Lincoln

Center for Healthy Living **217-238-3488**
1004 Health Center Drive, Suite 110 • Mattoon, IL 61938

L = Low Intensity **M** = Moderate Intensity **H** = High Intensity

Basic Strength Training and Balance L
This class is open to anyone, but geared for the 55+ population. Using a variety of equipment you will work on muscle endurance, muscle strength, balance and an overall low intensity total body workout.

Intermediate Strength Training and Balance is an excellent next step for participants looking to continue their progress from this class.

Cardio Core M
A fun-filled class that integrates a variety of cardio and core conditioning exercises for a balanced and invigorating workout.

Circuit Training L/M/H
Challenge your cardio workouts and strength systems in this high energy, total body conditioning class. Circuit training is a total body challenge that is designed to combine resistance training and aerobics that will target strength building and improve muscular endurance through various stations.

Pilates L/M
A class designed to work on your flexibility, core strength and endurance by performing movements that flow together in a graceful and efficient way.

SHiNE Dance Fitness M
This class brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet and hip-hop movements, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results. SHiNE is a mood-lifting experience that leaves you feeling capable and confident.

SHiNE LIGHT Dance Fitness M
Uses all the same routines you find in SHiNE, but we reduce impact, increase stability and modify the moves to meet a variety of needs. It's a mood-lifting, confidence-boosting experience for anyone looking for a more inclusive approach to dance fitness.

Total Body Strength M/H
A resistance class that focuses on the principles of strength training to help you increase strength and sculpt the body. This class will push you to do less reps with more weight to maximize your strength potential. You will use a variety of equipment, bodyweight, barbells and dumbbells.

Trainer's Choice L/M/H
This is a surprise class which will be decided upon by the trainer. This is sure to be a good time.

UPLIFT M
SHiNE Dance Fitness version of strength-training! It's the perfect balance of effective and FUN! This is not a dance class, but each routine is choreographed to iconic music. Routines may include equipment, and will include full body strengthening. This UPLIFTING experience leaves you feeling strong and confident.

Yoga L/M
This class will teach individuals the basic fundamentals of yoga, which places the body with intention and purpose. Students will learn how to connect breath to movement through aligning the body, building strength and how to find clarity in the mind, leading to relaxation and stress relief.