

# GREATER PEORIA FAMILY YMCA **2017 CHRISTMAS WEEK** SCHEDULE

	Monday 12/25	Tuesday 12/26	Wed 12/27	Thursday 12/28	Friday 12/29	Sat 12/30
5:30 - 6:30 AM	<b>MERRY CHRISTMAS!</b>	<b>CYCLE TOGETHER</b> Studio 1 Stacy	<b>ACTIVE TOGETHER</b> Studio 2 Shelly	<b>CYCLE TOGETHER</b> Studio 1 Stacy		<b>R.I.P.P.E.D®</b> 8:00 – 9:00 Studio 2 Shelly
8:00 - 9:00 AM		<b>Gentle Yoga</b> MP Room Sue P.	<b>Yoga</b> MP Room Sue P.	<b>Yoga</b> MP Room Mary		<b>CYCLE TOGETHER</b> 8:00 - 9:00 Studio 1 Courtney
8:15 - 9:15 AM		<b>ACTIVE TOGETHER</b> Studio 2 - Shelly		<b>ACTIVE TOGETHER</b> Studio 2 - Shelly		
8:40 – 9:10 AM		<b>CYCLE 30 TOGETHER</b> Studio 1 - Kay	<b>CYCLE 30 TOGETHER</b> Studio 1 - JoElyn	<b>CYCLE 30 TOGETHER</b> Studio 1 - Courtney	<b>CYCLE 30 TOGETHER</b> Studio 1 - Kris	
9:15 - 10:15 AM		<b>TURBO KICK® LIVE</b> Studio 2 Janet <b>ZUMBA® GOLD</b> Gym 9:15 – 10:00 Kay	<b>STRENGTH TRAIN TOGETHER</b> Studio 2 Janet <b>R.I.P.P.E.D®</b> Gym Kay	<b>ZUMBA®</b> Gym Janet <b>ZUMBA® GOLD</b> Studio 2 9:15 – 10:00 Kay	<b>STRENGTH TRAIN TOGETHER</b> Studio 2 Janet <b>R.I.P.P.E.D®</b> Gym Stephanie	<b>ACTIVE TOGETHER</b> 9:00 – 10:00 Studio 2 JoElyn
10:30 - 11:30 AM			<b>SilverSneakers® Classic – Studio 2</b> Sue N. <b>SilverSneakers® Circuit - Gym</b> Janet		<b>SilverSneakers® Classic – Studio 2</b> Janet <b>SilverSneakers® Circuit - Gym</b> Sue N.	
12:15 - 1:00 PM						
4:30 - 5:30 PM		<b>Yoga</b> MP Room – Mary		<b>Yoga</b> MP Room – Mary		
5:30 - 6:30 PM		<b>ACTIVE TOGETHER</b> Studio 2 Kris	<b>STRENGTH TRAIN TOGETHER</b> Studio 2 Amanda S.	<b>ACTIVE TOGETHER</b> Studio 2 JoElyn	<b>* PASS REQUIRED FOR CYCLE TOGETHER AND CYCLE 30 TOGETHER CLASSES....</b>	<b>...AVAILABLE AT FRONT DESK 30 MINUTES BEFORE CLASS</b>
5:45 - 6:45 PM		<b>CYCLE 30 TOGETHER</b> Studio 1 – 5:45-6:15 JoElyn	<b>CYCLE 30 TOGETHER</b> Studio 1 – 5:45 – 6:15 Courtney	<b>CYCLE TOGETHER</b> Studio 1 Shelly	<b>TOT WATCH HOURS T/W/TH</b> 8:30–11 AM 5:00–8:00 PM 8:30–11 AM FRIDAY	<b>Ages 12-14 must be accompanied by a parent. See back side for class descriptions.</b>
6:30 - 7:30 PM		<b>R.I.P.P.E.D. RUMBLE™</b> Studio 2 6:30-7:15 Shelly	<b>R.I.P.P.E.D®</b> Studio 2 Kris	<b>ZUMBA®</b> Studio 2 Sue N.	309-692-7631 www.peoriaymca.org	<b>SCHEDULE EFFECTIVE 12-26 THRU 12/30 2017</b>