

GREATER PEORIA FAMILY YMCA GROUP FITNESS 2017 FALL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5:30 - 6:30 AM	ACTIVE TOGETHER Studio 2 - Shelly FIT, FIRM, FABULOUS gym - Sally	CYCLE TOGETHER Studio 1 Stacy	ACTIVE TOGETHER Studio 2 - Shelly FLOOR-CORE & MORE Gym - Sally	CYCLE TOGETHER Studio 1 Stacy	STEP/STRETCH/STRENGTHEN Studio 2 Sally	R.I.P.P.E.D® 8:00 – 9:00 Studio 2 Shelly-Kris
8:00 - 9:00 AM	Yoga MP Room Mary	Gentle Yoga MP Room Rachel	Yoga MP Room Rachel	Yoga MP Room Mary		CYCLE TOGETHER 8:00 9:00-Studio 1 Stacy-Shelly-Ray-Courtney
8:15 - 9:15 AM		ACTIVE TOGETHER Studio 2 Amanda C.		ACTIVE TOGETHER Studio 2 Gina		
8:40 – 9:10 AM	CYCLE 30 TOGETHER Studio 1 – Courtney	CYCLE 30 TOGETHER Studio 1 - Kay	CYCLE 30 TOGETHER Studio 1 - Gina	CYCLE TOGETHER 8:40 – 9:40 Studio 1 – Courtney	CYCLE 30 TOGETHER Studio 1 - Kris	
9:15 - 10:15 AM	STRENGTH TRAIN TOGETHER Studio 2 - Kay ZUMBA® gym - Janet TAI CHI MP Room 9:15–10:00 Keith	TURBO KICK® LIVE Studio 2 - Janet ZUMBA® GOLD gym 9:15 – 10:00 Justteen	STRENGTH TRAIN TOGETHER Studio 2 - Janet R.I.P.P.E.D® gym - Kay TAI CHI MP Room 9:15–10:00 Keith	ZUMBA® gym - Janet ZUMBA® GOLD Studio 2 9:15 – 10:00 Kay	STRENGTH TRAIN TOGETHER Studio 2 - Janet R.I.P.P.E.D® gym - Stephanie	STRENGTH TRAIN TOGETHER 9:00 – 10:00 Studio 2 Janet-Terry-Amanda S.
10:30 - 11:30 AM	SilverSneakers® Classic – Studio 2 Kay SilverSneakers® Circuit - gym Justteen	SilverSneakers® Yoga Studio 2 Justteen	SilverSneakers® Classic – Studio 2 Justteen SilverSneakers® Circuit - gym Janet	SilverSneakers® Yoga Studio 2 Sue N.	SilverSneakers® Classic – Studio 2 Janet SilverSneakers® Circuit - gym Sue N.	
12:15 - 1:00 PM		Stretch/Flex & Tone Studio 2 - Justteen		Stretch/Flex & Tone Studio 2 - Justteen		
4:30 - 5:30 PM		Yoga MP Room – Mary		Yoga - MP Room Begins Sept. 14 – Sue P.		
5:30 - 6:30 PM	STRENGTH TRAIN TOGETHER Studio 2 Terry	ACTIVE TOGETHER Studio 2 Kris	STRENGTH TRAIN TOGETHER Studio 2 Amanda S.	ACTIVE TOGETHER Studio 2 JoElyn	*PASS REQUIRED FOR CYCLE TOGETHER AND CYCLE 30 TOGETHER CLASSES....	...AVAILABLE AT FRONT DESK 30 MINUTES BEFORE CLASS
5:45 - 6:45 PM	CYCLE TOGETHER Studio 1 Ray	CYCLE 30 TOGETHER Studio 1 – 5:45-6:15 JoElyn	CYCLE 30 TOGETHER Studio 1 – 5:45 – 6:15 Courtney	CYCLE TOGETHER Studio 1 Shelly	TOT WATCH HOURS M/T/W/TH 8:30–11 AM 5:00–8:00 PM 8:30–11 AM FRIDAY	Ages 12-14 must be accompanied by a parent. See back side for class descriptions.
6:30 - 7:30 PM	R.I.P.P.E.D® Studio 2 Kris	CORE FUSION 6:30-7:15 Studio 2 Sydney	R.I.P.P.E.D® Studio 2 Kris	BODY FUSION Studio 2 Sydney	309-692-7631 www.peoriaymca.org	SCHEDULE EFFECTIVE 09/01/17