


## GREATER PEORIA FAMILY YMCA GROUP FITNESS 2018 SPRING/SUMMER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>5:30 - 6:30 AM</b>	<b>ACTIVE TOGETHER</b> Studio 2 - Gina <b>FIT, FIRM, FABULOUS</b> Gym - Sally	<b>CYCLE TOGETHER</b> Studio 1 Stacy	<b>ACTIVE TOGETHER</b> Studio 2 - Gina <b>FLOOR-CORE &amp; MORE</b> Gym - Sally	<b>CYCLE TOGETHER</b> Studio 1 Stacy	<b>STEP/STRETCH/ STRENGTHEN</b> Studio 2 Sally	
<b>8:00 - 9:00 AM</b>	<b>Yoga</b> Studio 2 Mary	<b>Gentle Yoga</b> Studio 1 Justteen	<b>Yoga</b> Studio 2 Mary	<b>Yoga</b> Studio 1 Mary		<b>CYCLE TOGETHER</b> 8:00-9:00 AM Studio 1 Stacy-Ray-Courtney
<b>8:15 - 9:15 AM</b>		<b>ACTIVE TOGETHER</b> Studio 2 - JoElyn		<b>ACTIVE TOGETHER</b> Studio 2 - JoElyn		
<b>8:40 - 9:10 AM</b>	<b>CYCLE 30 TOGETHER</b> Studio 1 - Courtney		<b>CYCLE 30 TOGETHER</b> Studio 1 - Courtney		<b>CYCLE 30 TOGETHER</b> Studio 1 - JoElyn	
<b>9:15 - 10:15 AM</b>	<b>STRENGTH TRAIN TOGETHER</b> Studio 2 - Kay  <b>ZUMBA®</b> Gym - Janet	<b>TURBO KICK® LIVE</b> Studio 2 - Janet  <b>ZUMBA® GOLD</b> Gym 9:15 - 10:00 Justteen	<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>STRENGTH TRAIN TOGETHER</b> 9:15-10:15 AM Studio 2 Janet-Terry-Amanda
<b>10:30 - 11:30 AM</b>	<b>SilverSneakers®</b> <b>Classic - Studio 2</b> Kay <b>SilverSneakers®</b> <b>Circuit - Gym</b> Justteen	<b>SilverSneakers®</b> <b>Yoga</b> Studio 2 - 10:30-11:15 Kay	<b>SilverSneakers®</b> <b>Classic - Studio 2</b> Justteen <b>SilverSneakers®</b> <b>Circuit - Gym</b> Janet	<b>SilverSneakers®</b> <b>Yoga</b> Studio 2 - 10:30-11:15 Sue	<b>SilverSneakers®</b> <b>Classic - Studio 2</b> Janet <b>SilverSneakers®</b> <b>Circuit - Gym</b> Sue	
<b>12:15 - 1:00 PM</b>		<b>Stretch/Flex &amp; Tone</b> Studio 2 - Justteen		<b>Stretch/Flex &amp; Tone</b> Studio 2 - Justteen		
<b>4:30 - 5:30 PM</b>		<b>Yoga</b> Studio 1 - Sue				
<b>5:30 - 6:30 PM</b>	<b>STRENGTH TRAIN TOGETHER</b> Studio 2 Terry	<b>ACTIVE TOGETHER</b> Studio 2 Kris	<b>STRENGTH TRAIN TOGETHER</b> Studio 2 Amanda		<b>*PASS REQUIRED FOR CYCLE TOGETHER AND CYCLE 30 TOGETHER CLASSES....</b>	<b>...AVAILABLE AT FRONT DESK 30 MINUTES BEFORE CLASS</b>
<b>5:45 - 6:45 PM</b>	<b>CYCLE TOGETHER</b> Studio 1 Ray		<b>CYCLE 30 TOGETHER</b> Studio 1 - 5:45 - 6:15 Courtney		<b>TOT WATCH HOURS M/T/W/TH 8:30-11 AM 5:00-8:00 PM 8:30-11 AM FRIDAY</b>	<b>Ages 12-14 must be accompanied by a parent. See back side for class descriptions.</b>
<b>6:30 - 7:30 PM</b>	<b>R.I.P.P.E.D®</b> Studio 2 Kris	<b>CORE FUSION</b> 6:30-7:15 Studio 2 Sydney	<b>R.I.P.P.E.D®</b> Studio 2 Kris	<b>BODY FUSION</b> Studio 2 Sydney	309-692-7631 www.peoriaymca.org	<b>SCHEDULE EFFECTIVE 05/29/18</b>