


## GREATER PEORIA FAMILY YMCA GROUP FITNESS 2018 WINTER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>5:30 - 6:30 AM</b>	<b>ACTIVE TOGETHER</b> Studio 2 - Shelly <b>FIT, FIRM, FABULOUS</b> Gym - Sally	<b>CYCLE TOGETHER</b> Studio 1 Stacy	<b>ACTIVE TOGETHER</b> Studio 2 - Shelly <b>FLOOR-CORE &amp; MORE</b> Gym - Sally	<b>CYCLE TOGETHER</b> Studio 1 Stacy	<b>STEP/STRETCH/ STRENGTHEN</b> Studio 2 Sally	<b>R.I.P.P.E.D®</b> <b>8:00 – 9:00</b> Studio 2 Shelly-Kris
<b>8:00 - 9:00 AM</b>	<b>Yoga</b> MP Room Mary	<b>Gentle Yoga</b> MP Room Rachel	<b>Yoga</b> MP Room Rachel	<b>Yoga</b> MP Room Mary		<b>CYCLE TOGETHER</b> <b>8:00 9:00-Studio 1</b> Stacy-Shelly- Ray-Courtney
<b>8:15 - 9:15 AM</b>		<b>ACTIVE TOGETHER</b> Studio 2 - Gina		<b>ACTIVE TOGETHER</b> Studio 2 - Gina		
<b>8:40 – 9:10 AM</b>	<b>CYCLE 30 TOGETHER</b> Studio 1 – Courtney	<b>CYCLE 30 TOGETHER</b> Studio 1 - Kay	<b>CYCLE 30 TOGETHER</b> Studio 1 - Gina	<b>CYCLE TOGETHER</b> <b>8:40 – 9:40</b> Studio 1 – Courtney	<b>CYCLE 30 TOGETHER</b> Studio 1 - Kris	
<b>9:15 - 10:15 AM</b>	<b>STRENGTH TRAIN TOGETHER</b> Studio 2 - Kay <b>ZUMBA®</b> Gym - Janet <b>TAI CHI</b> MP Room 9:15–10:00 Keith	<b>TURBO KICK® LIVE</b> Studio 2 - Janet <b>ZUMBA® GOLD</b> Gym <b>9:15 – 10:00</b> Justteen	<b>STRENGTH TRAIN TOGETHER</b> Studio 2 - Janet <b>R.I.P.P.E.D®</b> Gym - Kay <b>TAI CHI</b> MP Room 9:15–10:00 Keith	<b>ZUMBA®</b> Gym - Janet <b>ZUMBA® GOLD</b> Studio 2 <b>9:15 – 10:00</b> Kay	<b>STRENGTH TRAIN TOGETHER</b> Studio 2 - Janet <b>R.I.P.P.E.D®</b> Gym - Stephanie	<b>STRENGTH TRAIN TOGETHER</b> <b>9:00 – 10:00</b> Studio 2 Janet-Terry- Amanda S.
<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 Justteen	<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 Sue N.	<b>SilverSneakers®</b> <b>Classic – Studio 2</b> Janet <b>SilverSneakers®</b> <b>Circuit - Gym</b> Sue N.	
<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> MP Room – Mary		<b>Yoga</b> MP Room – Sue P.		
<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 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>
<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 JoElyn	<b>CYCLE 30 TOGETHER</b> Studio 1 – 5:45 – 6:15 Courtney	<b>CYCLE TOGETHER</b> Studio 1 Shelly	<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> <b>6:30-7:15</b> Studio 2 Sydney	<b>R.I.P.P.E.D®</b> Studio 2 Kris	<b>BODY FUSION</b> Studio 2 Sydney	<b>309-692-7631</b> <a href="http://www.peoriaymca.org">www.peoriaymca.org</a>	<b>SCHEDULE EFFECTIVE 01/05/18</b>