


GREATER PEORIA FAMILY YMCA GROUP FITNESS 2018 LATE SUMMER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5:30 - 6:30 AM	ACTIVE TOGETHER Studio 2 – Joelyn/Gina FIT, FIRM, FABULOUS Gym - Sally	CYCLE TOGETHER Studio 1 Stacy	ACTIVE TOGETHER Studio 2 – JoElyn/Gina FLOOR-CORE & MORE Gym - Sally	CYCLE TOGETHER Studio 1 Stacy	STEP/STRETCH/ STRENGTHEN Studio 2 Sally	
8:00 - 9:00 AM	Yoga Studio 2 or MP Room Mary	Gentle Yoga Studio 1 or MP Room Justteen	Yoga Studio 2 or MP Room Mary	Yoga Studio 1 or MP Room Mary		CYCLE TOGETHER 8:00-9:00 AM Studio 1 Stacy-Ray-Courtney
8:15 - 9:15 AM		ACTIVE TOGETHER Studio 2 – Gina		ACTIVE TOGETHER Studio 2 – Gina		
8:40 – 9:10 AM	CYCLE 30 TOGETHER Studio 1 – Courtney	CYCLE 30 TOGETHER Studio 1 – Kay <i>Beginning 9/04</i>	CYCLE TOGETHER Studio 1 8:40 – 9:40 Courtney	CYCLE TOGETHER Studio 1 – Courtney <i>Beginning 9/06</i>	CYCLE 30 TOGETHER Studio 1 – Kris	
9:15 - 10:15 AM	STRENGTH TRAIN TOGETHER Studio 2 - Kay ZUMBA® Gym - Janet TAI CHI <i>Beginning 9/10</i>	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 <i>Beginning 9/05</i>	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 9:15-10:15 AM Studio 2 Janet-Terry-Amanda
10:30 - 11:30 AM	SilverSneakers® Classic – Studio 2 Kay SilverSneakers® Circuit - Gym Justteen	SilverSneakers® Yoga Studio 2 - 10:30-11:15 Kay	SilverSneakers® Classic – Studio 2 Justteen SilverSneakers® Circuit - Gym Janet	SilverSneakers® Yoga Studio 2 - 10:30-11:15 Sue	SilverSneakers® Classic – Studio 2 Janet SilverSneakers® Circuit - Gym Sue	
12:15 - 1:00 PM		Stretch/Flex & Tone Studio 2 - Justteen		Stretch/Flex & Tone Studio 2 - Justteen		
5:30 - 6:30 PM	STRENGTH TRAIN TOGETHER Studio 2 Terry	ACTIVE TOGETHER Studio 2 Kris YOGA – MP Room Sue - <i>Beginning 9/04</i>	STRENGTH TRAIN TOGETHER Studio 2 Amanda	POUND® 5:30 – 6:15 PM Studio 2 <i>Beginning 9/06</i>	* 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 Courtney	CYCLE 30 TOGETHER Studio 1 – 5:45 – 6:15 <i>Beginning 8/02</i> JoElyn	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	R.I.P.P.E.D. RUMBLE® Studio 2 <i>Coming soon!</i>	R.I.P.P.E.D® Studio 2 Kris	ZUMBA® Studio 2 Sue <i>Beginning 9/06</i>	309-692-7631 www.peoriaymca.org	SCHEDULE EFFECTIVE 07/30/18