

GREATER PEORIA FAMILY YMCA GROUP FITNESS 2019 WINTER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5:30 - 6:30 AM	ACTIVE TOGETHER Studio 2 – JoElyn FIT, FIRM, FABULOUS Gym - Sally	*CYCLE TOGETHER Studio 1 Stacy	ACTIVE TOGETHER Studio 2 – JoElyn 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 AM Studio 2 Anni
8:00 - 9:00 AM	Yoga MP Room Mary	Gentle Yoga MP Room Justteen	Yoga MP Room Mary	Yoga MP Room Mary		*CYCLE TOGETHER 8:00-9:00 AM Studio 1 Stacy-Ray- Courtney-Alex
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	*CYCLE 30 TOGETHER Studio 1 Gina	*CYCLE TOGETHER 8:40 – 9:40 AM Studio 1 Courtney	*CYCLE 30 TOGETHER Studio 1 Courtney	
9:15 - 10:15 AM	STRENGTH TRAIN TOGETHER Studio 2 - Kay ZUMBA® Gym - Janet TAI CHI 9:15-10 MP Room-Keith	TURBO KICK® LIVE Studio 2 - Janet ZUMBA® GOLD 9:15-10:00 - Gym Justteen	STRENGTH TRAIN TOGETHER Studio 2 - Janet R.I.P.P.E.D® Gym - Kay TAI CHI 9:15-10 MP Room-Keith	ZUMBA® Gym - Janet ZUMBA® GOLD 9:15 – 10:00 AM Studio 2 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-Kay
10:30 - 11:30 AM	SilverSneakers® Classic – Studio 2 Kay SilverSneakers® Circuit - Gym Justteen	SilverSneakers® Yoga 10:30-11:15 AM Studio 2 Kay	SilverSneakers® Classic – Studio 2 Justteen SilverSneakers® Circuit - Gym Janet	SilverSneakers® Yoga 10:30-11:15 AM Studio 2 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 JoElyn YOGA - MP Room 5:15-6:00 PM Sue	STRENGTH TRAIN TOGETHER Studio 2 Amanda	POUND® 5:30 – 6:15 PM Studio 2 Allisen	*PASS REQUIRED FOR CYCLE TOGETHER AND CYCLE 30 TOGETHER, CLASSES....	TOT WATCH HOURS M/T/W/TH 8:30-11 AM 5:00-8:00 PM 8:30-11 AM FRIDAY
5:45 - 6:45 PM	*CYCLE TOGETHER Studio 1 Ray	*CYCLE 30 TOGETHER 5:45 – 6:15 PM Studio 1 Alex	*CYCLE 30 TOGETHER 5:45 – 6:15 PM Studio 1 JoElyn	*CYCLE TOGETHER Studio 1 Alex	...AVAILABLE AT FRONT DESK 30 MINUTES BEFORE CLASS	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 Trish	R.I.P.P.E.D. RUMBLE® 6:30-7:15 PM- Studio 2 Amanda	R.I.P.P.E.D® Studio 2 Kay	WERQ® 6:20-7:20 PM-Studio 2 Trish	309-692-7631 www.peoriaymca.org	SCHEDULE EFFECTIVE 1/17/19