

DECEMBER 16TH – 21ST MORNING (AM)



**GREATER PEORIA FAMILY YMCA HOLIDAY
MINI GROUP FITNESS SCHEDULE:**



TIME	MONDAY 12/16	TUESDAY 12/17	WEDNESDAY 12/18	THURSDAY 12/19	FRIDAY	SATURDAY & SUNDAY
5:30am	5:15am- Rise & Ride with Trish (Studio 1) Wakeup/Workout with Stacy (Gym)	5:15am- TRX/Circuit Training with Trish (FT Room)	LM BODYPUMP with Memo (Studio 2) Wakeup/Workout with Stacy (Gym)	5:15am- TRX/Circuit Training with Trish (FT Room) Rise & Ride with Stacy (Studio 1)	5:15am- Rise & Ride with Trish (Studio 1) Step/Stretch/Strength with Stacy (Studio 2)	
6:15am	TRX/Strength Training with Trish (FT Room)			6:00am- LM CORE with Memo (Studio 2)	TRX/Strength Training with Trish (FT Room)	
8:00am	★ Yoga with Ellen (Studio 2)		Senior Strength/Stability with Prathi (Studio 2)		Senior Strength/Stability with Prathi (Studio 2)	LM BODYPUMP with Dee (Studio 2)
8:30am	LM RPM with Courtney (Studio 1)	LM RPM with Courtney (Studio 1)	LM RPM with Courtney (Studio 1)	LM RPM with Courtney (Studio 1)	LM RPM with Courtney (Studio 1)	SATURDAY Double Dutch Club with Jackie/Tanya (MP Room)
9:00am	Zumba with Prathi (Gym)	Zumba Toning with Prathi (Gym)	Yoga with Ellen (MP Room)	Zumba Toning with Prathi (Gym) LM BODYPUMP with Ellory (Studio 2)	Zumba with Prathi (Gym)	LM CORE with Gina (Studio 2)
9:15am	LM BODYPUMP with Adrian (Studio 2)	Tai Chi/Balance with Keith (MP Room)			LM BODYPUMP with Alexa (Studio 2)	
10:30am	Silver Sneakers Classic with OSF (Gym) Chair Yoga with Prathi (Studio 2)	10:00am- Tai Chi with Keith (MP Room) Silver Sneakers BOOM Muscle with Prathi (Gym)	Silver Sneakers Classic with OSF (Gym) Chair Yoga with Prathi (Studio 2)	Silver Sneakers BOOM Muscle with Prathi (Gym)	Silver Sneakers Classic with Denise (Gym)	



**LES MILLS
BODYPUMP**

**LES MILLS
RPM**

**LES MILLS
CORE**



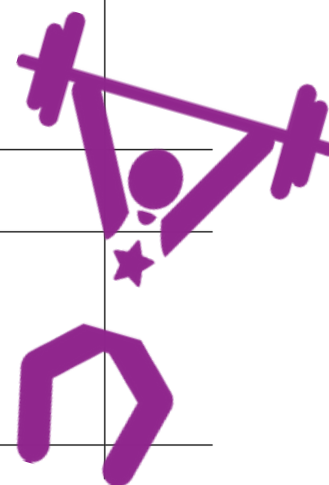
DECEMBER 16TH – 21ST EVENING (PM)



GREATER PEORIA FAMILY YMCA HOLIDAY MINI GROUP FITNESS SCHEDULE:



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI.	SAT.
12:00pm		LM Strength Development with Courtney (Studio 2)		LM Strength Development with Courtney (Studio 2)		
1:00pm	Mindful Movement with OSF (Studio 2)		Mindful Movement with OSF (Studio 2)			
2:00pm	Get Active with OSF (Studio 2)		Get Active with OSF (Studio 2)			
4:30pm	Zumba Gold with Kristi (Studio 2) 4:45pm- LM RPM with Irena (Studio 1)	Pilates Fusion with Stacy (Studio 2)	Zumba Gold with Kristi (Studio 2)			
5:00pm		TurboRide with Gina (Studio 1)		Cycle 45 with Kristi (Studio 1)		
5:30pm	Burn Bootcamp with Irena (FT Room) LM BODYPUMP with Memo (Studio 2) Yoga with Ellen (MP Room)	WERQ with Emily (Studio 2)	6:00pm- Battle of the Burpees (Studio 2)	LM CORE with Gina (Studio 2) 5:45pm- GROOV3 with MariPat (Studio 2)		



CLASS UPDATES & CANCELATIONS ARE AVAILABLE ON THE PEORIA YMCA APP!

SILVERSNEAKERS

CLASSES AVAILABLE!

YMCA PICKLEBALL HOURS:

Tuesday & Thursday: 11:30am-2:30pm | Saturday: 10am-1pm



GREATER PEORIA FAMILY YMCA
7000 N. FLEMING LN. PEORIA, IL. 61614



STOP BY OUR FRONT DESK &
ASK ABOUT OUR **STRONG KIDS**
PROGRAM!

QUESTIONS? CONTACT:
KATE SCHMALSHOF, DIR. OF HEALTHY LIVING
309-692-7631
KATE.SCHMALSHOF@PEORIAYMCA.ORG

DOUBLE DUTCH
AEROBICS

LES MILLS

DECEMBER 23RD – 31ST MORNING (AM)



**GREATER PEORIA FAMILY YMCA HOLIDAY
MINI GROUP FITNESS SCHEDULE:**

TIME	MONDAY 12/23	THURSDAY 12/26	FRIDAY 12/27	SATURDAY 12/28	MONDAY 12/30	TUESDAY 12/31
5:30am	5:15am- Rise & Ride with Trish (Studio 1) Wakeup/Workout with Stacy (Gym)	Rise & Ride with Stacy (Studio 1)	5:15am- Rise & Ride with Trish (Studio 1) Step/Stretch/Strength with Stacy (Studio 2)		5:15am- Rise & Ride with Trish (Studio 1) Wakeup/Workout with Stacy (Gym)	
6:15am	TRX/Strength Training with Trish (FT Room)	6:00am- LM CORE with Memo (Studio 2)	TRX/Strength Training with Trish (FT Room)		TRX/Strength Training with Trish (FT Room)	6:30am- LM RPM with JoElyn (Studio 1)
8:00am	Yoga with Ellen (Studio 2)			Rise & Ride with Stacy (Studio 1) LM BODYPUMP with Dee (Studio 2)	Yoga with Ellen (Studio 2)	
8:30am	LM RPM with Courtney (Studio 1)	LM RPM with Courtney (Studio 1)		SATURDAY Double Dutch Club with Jackie/Tanya (MP Room)	LM RPM with Courtney (Studio 1)	LM RPM with Courtney (Studio 1)
9:00am						
9:15am	LM BODYPUMP with Ellory (Studio 2)					
10:30am	Silver Sneakers Classic with OSF (Gym) Chair Y		Silver Sneakers Classic with Denise (Gym)		Silver Sneakers Classic with OSF (Gym)	



TUESDAY 12/24 6:30am- LM RPM with JoElyn (Studio 1)

**LES MILLS
BODYPUMP**

**LES MILLS
RPM**

**LES MILLS
CORE**



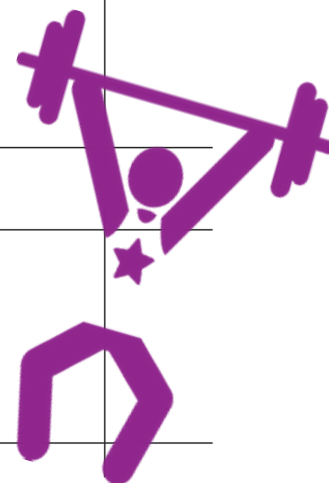
DECEMBER 23RD – 31ST EVENING (PM)



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MINI GROUP FITNESS SCHEDULE:**



TIME	MONDAY	TUESDAY	THURSDAY	MONDAY 12/30	TUESDAY 12/31
12:00pm					LM Strength Development with Courtney (Studio 2)
1:00pm	Mindful Movement with OSF (Studio 2)			Mindful Movement with OSF (Studio 2)	
2:00pm	Get Active with OSF (Studio 2)			Get Active with OSF (Studio 2)	
4:30pm	4:45pm- LM RPM with Irena (Studio 1)				
5:00pm					
5:30pm	Burn Bootcamp with Irena (FT Room) LM BODYPUMP with Memo (Studio 2) Yoga with Ellen (MP Room)			LM FUNCTIONAL STRENGTH with Memo (Studio 2) Yoga with Ellen (MP Room)	



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