



APRIL 7 - MAY 24 (AM)

# GREATER PEORIA FAMILY YMCA GROUP FITNESS SCHEDULE:



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	5:15am- Rise & Ride with Trish (Studio 1) Wakeup/Workout with Stacy (Studio 2) *New Location*	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)	6:30am- LM RPM with JoElyn (Studio 1)	6:30am- LM RPM with JoElyn (Studio 1)	6:00am- LM CORE with Memo (Studio 2)	TRX/Strength Training with Trish (FT Room)	
8:00am	8:15am- LM SHAPES with Melissa (Studio 2)		Senior Strength/Stability with Prathi (Studio 2)		Senior Strength/Stability with Prathi (Gym)  8:15am- LM SHAPES with Melissa (Studio 2)	Rise & Ride with Stacy (Studio 1)
8:30am	LM RPM with Courtney (Studio 1)	LM RPM with Courtney (Studio 1)	LM RPM with Courtney (Studio 1)	LM RPM with Laura (Studio 1)	LM RPM with Courtney (Studio 1)	Double Dutch Club with Jackie/Tanya (MP Room)
9:00am	Zumba Toning with Prathi (Gym)	Zumba with Prathi (Gym)	LM BODYBALANCE with MELISSA (MP ROOM)	Zumba Toning with Prathi (Gym)	Zumba with Prathi (Gym)	LM CORE with Gina (Studio 2)
9:15am	LM BODYPUMP with Adrian (Studio 2)	L.I.F.T. with Laura (Studio 2)  Tai Chi/Balance with Keith (MP Room)	LM BODYPUMP with Adrian (Studio 2)	L.I.F.T. with Laura (Studio 2)	LM BODYPUMP with Adrian (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**  
**BODYCOMBAT**  
**LES MILLS**  
**CORE**

**LES MILLS**  
**BODYBALANCE**  
**LES MILLS**  
**Shapes**

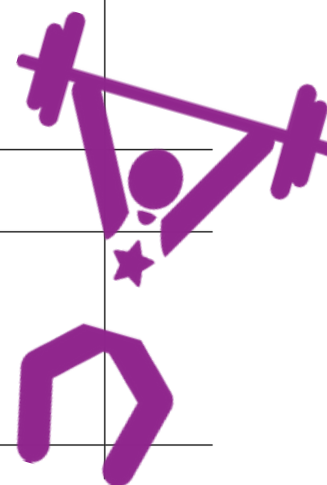


APRIL 7 - MAY 24 (PM)



## GREATER PEORIA FAMILY YMCA GROUP FITNESS SCHEDULE:

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI.	SAT.
12:00pm		LM Strength Development with Courtney (Studio 2)	LM BODYPUMP with Leslie (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 Irina (Studio 1)	Pilates Fusion with Stacy (Studio 2)	Zumba Gold with Kristi (Studio 2) 4:45pm- LM RPM with Irina (Studio 1)	LM SHAPES with JoElyn (Studio 2)		
5:00pm				Cycle 30 with Kristi (Studio 1)		
5:30pm	Burn Bootcamp with Irina (FT Room) LM BODYCOMBAT with Memo (Studio 2)	Double Dutch Aerobics with Yolanda (MP Room) <b>**NEW LOCATION**</b>  LM SHAPES with JoElyn (Studio 2) <b>**NEW DAY**</b>	LM STRENGTH DEVELOPMENT with Irina (Studio 2)	6:00pm- GROOV3 with Maripat (Studio 2) <b>*New Time &amp; New Location*</b>		



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:  
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**DOUBLE DUTCH**  
AEROBICS

**LES MILLS**