




MAY 27 - JULY 12 (AM)

# GREATER PEORIA FAMILY YMCA GROUP FITNESS SCHEDULE:



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	<b>5:15am-</b> Rise & Ride with Trish (Studio 1)  Wakeup/Workout with Stacy (Studio 2)	<b>5:15am-</b> TRX/Circuit Training with Trish (FT Room)	LM BODYPUMP with Memo (Studio 2)  Wakeup/Workout with Stacy (Gym)	<b>5:15am-</b> TRX/Circuit Training with Trish (FT Room)  Rise & Ride with Stacy (Studio 1)	<b>5:15am-</b> Rise & Ride with Trish (Studio 1)  Step/Stretch/Strength with Stacy (Studio 2)	  
6:15am	TRX/Strength Training with Trish (FT Room)	<b>6:30am-</b> LM RPM with JoElyn (Studio 1)	<b>6:30am-</b> LM RPM with JoElyn (Studio 1)	<b>6:00am-</b> LM CORE with Memo (Studio 2)	TRX/Strength Training with Trish (FT Room)	
8:00am	<b>8:15am-</b> LM CORE with Gina (Studio 2) *NEW DAY					Rise & Ride with Stacy (Studio 1)
8:30am	LM RPM with Courtney (Studio 1)	LM RPM with Laura (Studio 1)	LM RPM with Courtney (Studio 1)	LM RPM with Laura (Studio 1)	LM RPM with Courtney (Studio 1)	40+ Double Dutch Club with Jackie/Tanya (MP Room)
9:00am						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(PAVILION) *NEW LOCATION (Rain Location Studio 1)	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)	<b>10:00am-</b> Tai Chi with Keith (PAVILION) *NEW LOCATION (Rain Location Studio 1)  Silver Sneakers BOOM Muscle with Staff (Gym)	Silver Sneakers Classic with OSF (Gym)  Chair Yoga with Staff (Studio 2)	Silver Sneakers BOOM Muscle with Staff (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**

**LES MILLS**  
**GRIT**

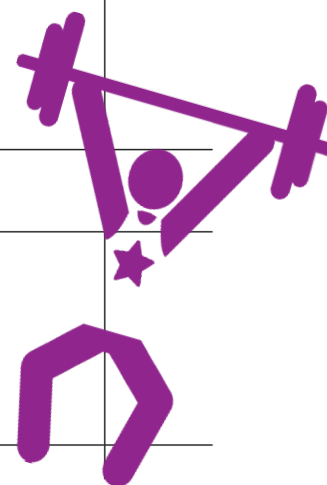


MAY 27 - JULY 12 (PM)



## 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 GRIT with Memo (Studio 2) *NEW CLASS 6:00pm- LM CORE with Memo (Studio 2) *NEW DAY	LM SHAPES with JoElyn (Studio 2)	LM STRENGTH DEVELOPMENT with Irina (Studio 2)	6:00pm- 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:  
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309-692-7631  
KATE.SCHMALSHOF@PEORIAYMCA.ORG

**DOUBLE DUTCH**  
AEROBICS

**LES MILLS**