



Greater Peoria Family YMCA

Group Fitness Schedule

April 13th – May 30th
2026

* Indicates a New Class OR New Time

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio 1	5:15am Rise & Ride w/ Trish 7:30am Turboride w /Gina 8:30am LM RPM w/ Courtney 9:30am Yoga Flow w/ Ellen 10:30am Core Yoga w/ Ellen	6:30am LM RPM w/ JoElyn 8:45am LM SPRINT/RPM w/ Laura	6:30am LM RPM w/ JoElyn 8:30am LM RPM w/ Courtney	5:30am Rise & Ride w/ Stacy 8:45am LM SPRINT/RPM w/ Laura 5:00pm Cycle 30 with Kristi	5:15am Rise & Ride w/ Trish 8:30am LM RPM w/ Courtney	8:00am Rise & Ride w/ Stacy
Studio 2	5:30am Wakeup/Workout w/ Stacy 8:15am LM CORE w/ Gina 9:15am LM BODYPUMP w/ Adrian 4:30pm Zumba Gold w/ Kristi 5:30pm LM BODYPUMP HEAVY w/ Memo	9:15am LM BODYPUMP w/ Leslie 12:00pm LM STRENGTH DEVELOPMENT w/ Courtney 4:30pm Pilates Fusion w/ Stacy 5:30pm LM STRENGTH DEVELOPMENT w/ JoElyn	5:30am LM BODYPUMP w/ Memo 8:00am Pilates /Gentle Yoga w/ Ellen 9:15am LM BODYPUMP Heavy w/ Adrian 10:30am Chair Yoga w/ Ellen 4:30pm Zumba Gold w/ Kristi	6:15am LM STRENGTH DEVELOPMENT w/ JoElyn 8:15am LM CORE w/ Gina 9:00am *Circuit Conidtioning w/ Gina (New Class) 10:00am CIRCL Mobility w/ Kimberly 12:00pm LM STRENGTH DEVELOPMENT w/ Courtney 6:00pm GROOV3 w/ Maripat	5:30am Step/Stretch/ Strength w/ Stacy 9:15am LM BODYPUMP w/ Adrian	9:00am LM CORE w/ Gina
GYM	9:45am Cardio30 w/ Courtney 10:30am Foundations of Active Living w/ Laura	9:00am ZUMBA with Kimberly 10:30am Life in Motion w/ Courtney	5:30am Wakeup/Workout w/ Stacy 9:45am Cardio30 w/ Courtney 10:30am Foundations of Active Living w/ Laura	9:00am ZUMBA w/ Kimberly 10:30am Life in Motion w/ Courtney	9:00am ZUMBA w/ Kimberly 10:30am Silver Sneakers Classic w/ Denise	
FT Room	6:00am TRX/Strength Training w/ Trish	5:15am TRX/Circuit Training w/ Trish 7:45am Fundamental Conditioning w/ Gina		5:15am TRX/Circuit Training w/ Trish	6:00am TRX/Strength Training w/ Trish 7:45am Fundamental Conditioning w/ Gina	
MP Room		9:15am Tai Chi Balance w/Keith 10:00am Tai Chi w/ Keith				8:30am +40 Double Dutch Club w/ Jackie/Tanya

May 30th
Sun & Fun
Festival

JOIN US! Saturday, May 30th. Classes as scheduled above. Others listed in this section will be outside (weather permitting)

8:00am Sound Healing | 9:00am Burn Bootcamp | 10:00am Yoga