



Greater Peoria Family YMCA

Group Fitness Schedule

June 20th – September 5th
2026

* Indicates a New Class, New Time or New Location

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 8:15am LM RPM w/ Courtney 9:30am Yoga Flow w/ Ellen 10:30am Core Yoga w/ Ellen	6:30am LM RPM w/ JoElyn 8:30am LM SPRINT w/ Laura	6:30am LM RPM w/ JoElyn 8:15am *LM RPM w/ Courtney (New Time) 10:30am Chair Yoga w/ Ellen	5:30am Rise & Ride w/ Stacy 8:30am LM SPRINT w/ Laura 10:30am CIRCL Mobility w/ Kimberly 5:00pm Cycle 30 w/ Kristi	5:15am Rise & Ride w/ Trish 8:15am 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 10:30am Foundations of Active Living w/ Kate 4:30pm Zumba Gold w/ Kristi 5:30pm LM BODYPUMP HEAVY w/ Memo	9:15am LM BODYPUMP w/ Leslie 10:30am Life In Motion w/ Courtney 12:00pm LM STRENGTH DEVELOPMENT w/ Courtney 4:30pm Pilates Fusion w/ Stacy	5:30am LM BODYPUMP w/ Memo 8:00am Pilates /Gentle Yoga w/ Ellen 9:15am LM BODYPUMP Heavy w/ Adrian 10:30am Foundations of Active Living w/ Kate 4:30pm Zumba Gold w/ Kristi 5:30pm Zumba w/ Kimberly	6:15am LM STRENGTH DEVELOPMENT w/ JoElyn 8:15am LM CORE w/ Gina 9:00am Circut Conidtioning w/ Gina 10:30am Life in Motion w/ Courtney 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 10:30am Zumba w/ Kimberly	9:00am LM CORE w/ Gina
GYM			5:30am Wakeup/Workout w/ Stacy			
FT Room	6:00am TRX/Strength Training w/ Trish	5:15am TRX/Circuit Training w/ Trish 7:30am Fundamental Conditioning w/ Gina		5:15am TRX/Circuit Training w/ Trish	6:00am TRX/Strength Training w/ Trish 7:30am Fundamental Conditioning w/ Gina	
MP Room						8:30am +40 Double Dutch Club w/ Jackie/Tanya
Pavillion		9:15am Tai Chi Balance w/Keith 10:00am Tai Chi w/ Keith				