



# Greater Peoria Family YMCA

## Group Fitness Schedule

September 2nd – October 18th  
2025

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 4:45pm   LM RPM w/ Irina	6:30am   LM RPM w/ JoElyn 8:45am   LM RPM w/ Laura	6:30am   LM RPM w/ JoElyn 8:30am   LM RPM w/ Courtney 4:45pm   LM RPM w/ Irina	5:30am   Rise & Ride w/ Stacy 8:45am   LM 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 BODYCOMBAT w/ Memo	9:15am   LM BODYPUMP w/ Alexa 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 w/ Adrian 10:30am   Chair Yoga w/ Ellen 12:00pm   LM BODYPUMP w/ Leslie 4:30pm   Zumba Gold w/ Kristi 5:30pm   LM STRENGTH DEVELOPMENT w/ Irina	9:15am   L.I.F.T. w/ Laura 12:00pm   LM STRENGTH DEVELOPMENT w/ Courtney 4:30pm   LM STRENGTH DEVELOPMENT w/ JoElyn 6:00pm   GROOV3 w/ Maripat	5:30am   Step / Stretch / Strength w/ Stacy 9:15am   LM BODYPUMP w/ Adrian	9:00am   LM CORE w/ Gina 10:00am   Yoga w/ Irina
GYM	9:00am   Get Active w/ OSF 10:30am   Silver Sneakers Classic w/ OSF	10:30am   Foundations of Active Living w/ Courtney	5:30am   Wakeup/Workout w/ Stacy 9:00am   Get Active w/ OSF 10:30am   Silver Sneakers Classic w/ OSF	10:30am   Foundations of Active Living w/ Courtney	10:30am   Silver Sneakers Classic w/ Denise	
FT Room	6:00am   TRX/Strength Training w/ Trish 5:30pm   Burn Bootcamp w/ Irina	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	9:00am   Burn Bootcamp w/ Irina
MP Room		9:15am   Tai Chi / Balance w/ Keith* 10:00am   Tai Chi w/ Keith* 5:30pm   Double Dutch Aerobics w/ Yolanda				8:30am   Double Dutch Club w/ Jackie/Tanya

QUESTIONS? CONTACT: KATE SCHMALSHOF

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