

May 28th – July 13th, 2024 – MORNING

GREATER PEORIA FAMILY YMCA SUMMER (1) GROUP FITNESS SCHEDULE:



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY
5:30am	Rise and Ride with Trish (Studio 1) Wakeup/Workout with Stacy (Gym)	*5:15am* TRX/Circuit Training with Trish (FT Room)	*5:15am* WERQ with Trish (MP Room) LM BODYPUMP with Memo (Studio 2) Wakeup/Workout with Stacy (Gym)	*5:15am* TRX/Circuit Training with Trish (FT Room) Rise and Ride with Stacy (Studio 1)	Rise and Ride with Trish (Studio 1) Step/Stretch/Strength with Stacy (Studio 2)	
6:15am	*6:00am* LM Strength Development with Irena (Studio 2) *ENDS 6/24* TRX/Strength Training with Trish (FT Room)	*6:30am* LM RPM with JoElyn (Studio 1) *7:30am* LM CORE with Denise (Studio 2)	*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	Yoga with Ellen (Studio 2) *NEW TIME & LOCATION*	LM RPM with Denise (Studio 1) *NEW TIME* *8:15am* LM Strength Development with Courtney (Studio 2) *ENDS 7/9*	Senior Strength/Stability with Prathi (Studio 2) *8:30am* LM RPM with Courtney (Studio 1)	Gentle Yoga with Prathi (Conference Room) *NEW LOCATION* *8:15am* LM Strength Development with Courtney (Studio 2) *ENDS 7/11*		Saturday: Rise and Ride with Stacy (Studio 1)
8:30am	LM RPM with Courtney (Studio 1)				LM RPM with Courtney (Studio 1)	Saturday: Double Dutch Club with Jackie and Tanya (MP Room)
9:00am						
9:15am	LM BODYPUMP with Adrian (Studio 2)	Zumba Toning with Prathi (Studio 2) Tai Chi/Balance with Keith (Pavilion) *NEW LOCATION (Rain: FT Room)*	LM BODYPUMP with Adrian (Studio 2)	LM BODYPUMP with Ellery (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 (Pavilion) *NEW LOCATION (Rain: FT 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)	Sunday: *10:00am* WERQ with Trish (Pavilion) *NEW DAY (Begins 6/9-8/25)*



LES MILLS
BODYPUMP

LES MILLS
RPM

LES MILLS
CORE

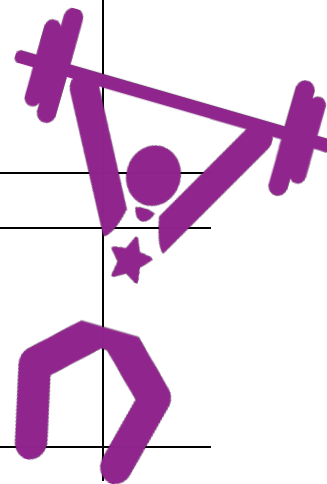


May 28th – July 13th, 2024 – EVENING (PM)

GREATER PEORIA FAMILY YMCA SUMMER (1) GROUP FITNESS SCHEDULE:



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI.	SAT.
12:00pm		Cardio/Curls/Core with Nancy (Studio 2)	LM BODYPUMP with Leslie (Studio 2)	Cardio/Curls/Core with Nancy (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 Irena (Studio 1)	Pilates Fusion with Stacy (Studio 2)	Zumba Gold with Kristi (Studio 2) *4:45pm* LM RPM with Irena (Studio 1)	Stretch and Flow with Prathi (Studio 2)		
5:00pm		TurboRide with Gina (Studio 1) *NEW DAY		Cycle 45 with Kristi (Studio 1) *NEW CLASS		
5:30pm	LM Strength Development with Irena (Studio 2) *ENDS 6/24 Yoga with Ellen (MP Room)	WERQ with Emily (Studio 2) *NEW LOCATION	LM Strength Development with Irena (Studio 2) *ENDS 6/26	*5:45pm* Groov3 with MariPat (Studio 2)		



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

YMCA PICKLEBALL HOURS:

MON-FRI: 12-3PM | THURS: 6-8:30PM | SUN: 11:30AM-2PM

SILVERSNEAKERS CLASSES AVAILABLE!



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
A E R O B I C S

LES MILLS