

April 8 – May 25, 2024 – MORNING (AM)



# GREATER PEORIA FAMILY YMCA SPRING (2) GROUP FITNESS SCHEDULE:



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	5:30am- Rise and Ride w/Trish (Studio 1)  5:30am- Wakeup/Workout w/Stacy (Gym)	5:15am- TRX/Circuit Training w/Trish (FT Room)	5:15am- WERQ w/Trish (MP Room)  5:30am- LM BODYPUMP w/Memo (Studio 2)  5:30am- Wakeup/Workout w/Stacy (Gym)	5:15am- TRX/Circuit Training w/Trish (FT Room)  5:30am- Rise and Ride w/Stacy (Studio 1)	5:30am- Rise and Ride w/Trish (Studio 1)  5:30am- Step/Stretch/Strength w/Stacy (Studio 2)	
6:15am	6:00am- LM Strength Development w/Irena (Studio 2) *NEW CLASS 4/8-6/24  6:15am- TRX/Strength Training w/Trish (FT Room)	6:30am- LM RPM w/JoElyn (Studio 1)	6:30am- LM RPM w/JoElyn (Studio 1)	6:00am- LM CORE w/Memo (Studio 2)	6:15am- TRX/Strength Training w/Trish (FT Room)	
8:00am		7:30am- CORE w/Denise (Studio 2) *NEW DAY  8:00am- Gentle Yoga w/Ellen (MP Room) *NEW LOCATION  8:15am- LM Strength Development w/Courtney (Studio 2) *NEW CLASS 4/9-6/25	8:00am- Senior Strength/Stability w/Prathi (Studio 2)	8:00am- Gentle Yoga with Prathi (MP Room) *NEW LOCATION  8:15am- LM Strength Development w/Courtney (Studio 2) *NEW CLASS 4/11-6/27		8:00am- Rise and Ride w/Stacy (Studio 1)
8:30am	8:30am- LM RPM w/Courtney (Studio 1)	8:30am- LM RPM w/Denise (Studio 1)	8:30am- LM RPM w/Courtney (Studio 1)		8:30am- LM RPM w/Courtney (Studio 1)	8:30am- Double Dutch Club w/Jackie & Tanya (MP Room)
9:00am	9:00am- Yoga w/Ellen (MP Room)  9:00am- Zumba w/Prathi (Gym)			9:00am- Zumba w/Prathi (Gym)	9:00am- Zumba Toning w/Prathi (Gym)	9:00am- Women's Self-Defense Course (Studio 2) *4-WEEK COURSE (Saturday, April 27 <sup>th</sup> -Saturday, May 18 <sup>th</sup> )
9:15am	9:15am- LM BODYPUMP w/Adrian (Studio 2)	9:15am- Zumba Toning w/Prathi (Studio 2) *NEW TIME  9:15am- Tai Chi/Balance w/Keith (MP Room)	9:15am- LM BODYPUMP w/Adrian (Studio 2)	9:15am- LM BODYPUMP w/Ellery (Studio 2) *NEW TIME	9:15am- LM BODYPUMP w/Adrian (Studio 2)	
10:30am	10:30am- Silver Sneakers Classic w/OSF (Gym)  10:30am- Chair Yoga w/Prathi (Studio 2)	10:00am- Tai Chi w/Keith (MP Room)  10:30am- Silver Sneakers BOOM Muscle w/Prathi (Gym)	10:30am- Silver Sneakers Classic w/OSF (Gym)  10:30am- Chair Yoga w/Prathi (Studio 2)	10:30am- Silver Sneakers BOOM Muscle w/Prathi (Gym)	10:30am- Silver Sneakers Classic w/Denise (Gym)	

**LES MILLS**  
**BODYPUMP**

**LES MILLS**  
**RPM**

**LES MILLS**  
**CORE**



April 8 – May 25, 2024 – EVENING (PM)



# GREATER PEORIA FAMILY YMCA SPRING (2) GROUP FITNESS SCHEDULE:

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI.	SAT.
12:00pm		12:00pm- Cardio/Curls/Core w/Nancy (Studio 2)	12:00pm- LM BODYPUMP w/Leslie (Studio 2)	12:00pm- Cardio/Curls/Core w/Nancy (Studio 2)		
1:00pm	1:00pm- Mindful Movement w/OSF (Studio 2)		1:00pm- Mindful Movement w/OSF (Studio 2)			
2:00pm	2:00pm- Get Active w/OSF (Studio 2)		2:00pm- Get Active w/OSF (Studio 2)			
4:30pm	4:30 pm- Zumba Gold w/Kristi (Studio 2)	4:30pm- Pilates Fusion w/Stacy (Studio 2)	4:30pm- Zumba Gold w/Kristi (Studio 2)  4:45pm- LM RPM w/Irena (Studio 1)	4:30pm- Stretch & Flow w/Prathi (Studio 2) *NEW TIME & NEW NAME		
5:00pm	4:45pm- LM RPM w/Irena (Studio 1)			5:00pm- TurboRide w/Gina (Studio 1)		
5:30pm	5:30pm- LM Strength Development w/Irena (Studio 2) *NEW CLASS 4/8-6/24  5:30pm- Yoga w/Ellen (Conference Room)	5:30pm- Double Dutch Aerobics w/Yolanda (Studio 2)  5:30pm- WERQ w/Emily (MP Room)	5:30pm- LM Strength Development w/Irena (Studio 2) *NEW CLASS 4/10-6/26	5:45pm- Groov3 w/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!

**DOUBLE DUTCH**  
AEROBICS

QUESTIONS? CONTACT:  
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**LES MILLS**