




























GREATER PEORIA FAMILY YMCA GROUP FITNESS SCHEDULE ** Revised Feb. 03, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5:30 - 6:30 AM	Dance & Stretch (Gymnasium) Sally	 GROUP RIDE® Stacy	Floor-Core & More Sally	Cardio/Strength Circuit (Gymnasium) Stacy	 GROUP RIDE® Stacy Step, Stretch, & Strengthen Sally	 GROUP RIDE® 8:15 - 9:15 Kay, Janet, Sue. Stacy, Kris
8:45 - 9:45 AM	Yoga (Multi-Purpose Room) Jenny		Yoga (Multi-Purpose Room) Jenny		Yoga (Multi-Purpose Room) Jenny	
9:15 - 10:15 AM	 GROUP POWER™ Kay  ZUMBA FITNESS Janet (gym)	 Turbo KICK Janet (gym)  ZUMBA gold Justteen	 GROUP POWER™ Janet	 ZUMBA FITNESS Janet (gym)  ZUMBA gold Kay  GROUP RIDE® Sue	 GROUP POWER™ Janet  Turbo KICK Kay (gym)	 GROUP POWER™ 9:30 - 10:30 Kay, Janet, Rainy, Sue
9:45 - 10:45 AM	 GROUP RIDE® Sue		 GROUP RIDE® Kay			
10:30 - 11:30 AM	SilverSneakers MSROM - Kay SilverSneakers Cardio Circuit-gym Justteen	SilverSneakers YogaStretch Justteen	SilverSneakers MSROM - Justteen SilverSneakers Cardio Circuit-gym Janet	SilverSneakers YogaStretch Kay	SilverSneakers MSROM - Janet SilverSneakers Cardio Circuit-gym Kay	CLASSES ARE HELD IN THE LARGE GROUP FITNESS ROOM UPSTAIRS UNLESS OTHERWISE INDICATED
12:15 - 1:00 PM		Stretch/Flex & Tone Justteen	Step Two Justteen	Stretch/Flex & Tone Justteen		
4:30 - 5:30 PM		Yoga Tonya		Yoga Stacy		
5:35 - 6:35 PM	Rainy  GROUP POWER™  GROUP RIDE® Kris	 ZUMBA FITNESS Sue	SHRED Rainy	 ZUMBA FITNESS Sue		PASS REQUIRED FOR GROUP RIDE® AVAILABLE AT FRONT DESK 30 MINUTES BEFORE CLASS
6:00 - 7:00 PM		 GROUP RIDE® Kay	 GROUP RIDE® Janet	 GROUP RIDE® Kris		
6:45 - 7:45 PM	 GROUP RIDE® Janet Step Aerobics Rainy	 GROUP POWER™ Sue		 GROUP POWER™ Sue	692-7631	 the Y YMCA

Children ages 12-14 years old must be accompanied by a parent. The minimum age for class participants is 12 years old.