

Illinois Valley YMCA

Group Exercise Schedule

Time	Class	Instructor	Location
MONDAY			
AM			
8:00-8:50	Ageless Yoga	Wendy	GEN
8:30-9:25	Fun Fit H2O	Laura	Pool
9:00-10:00	Body Pump	Dana/Jen	GEN
9:00-10:00	Silver Sneakers Classic	Wendy	GES
10:00-11:00	Silver Sneakers Circuit	Varies	GES
11:00-11:50	Tai Chi	Rhonda	GEN
PM			
12:00-1:00	Body Pump	Kelly	GEN
5:00-5:55	Fun Fit H2O	Laura	Pool
5:30-6:30	Body Pump	Mindy	GEN
5:30-6:15	Aqua Zumba	Kim	Pool
TUESDAY			
AM			
8:00-8:50	Ageless Yoga	Wendy	GEN
8:30-9:25	Fluid Fusion	Marge	Pool
9:30-10:30	Silver Sneakers Splash	Marge	Pool
PM			
5:30-6:30	Indoor Cycling	Varies	GEN
WEDNESDAY			
AM			
8:00-8:50	Ageless Yoga	Wendy	GEN
8:30-9:25	Fun Fit H2O	Laura	Pool
9:00-10:00	Body Pump	Dana/Jen	GEN
9:00-10:00	Silver Sneakers Classic	Varies	GES
10:00-11:00	Silver Sneakers Circuit	Wendy	GES
PM			
12:00-1:00	Body Pump	Kelly	GEN
5:30-6:30	Body Pump	Mindy	GEN
5:30-6:30	Aqua Zumba	Kim	Pool
6:30-7:30	Yoga Flow	Emily	GEN

Time	Class	Instructor	Location
THURSDAY			
AM			
8:00-8:50	Ageless Yoga	Wendy	GEN
8:30-9:25	Fluid Fusion	Marge	Pool
9:30-10:30	Silver Sneakers Splash	Marge	Pool
11:10-11:50	Tai Chi	Rhonda	GEN
PM			
5:00-5:55	Fun Fit H2O	Varies	Pool
5:30-6:30	Indoor Cycling		GEN
FRIDAY			
AM			
8:00-8:50	Ageless Yoga	Wendy	GEN
8:30-9:25	Fun Fit H2O	Laura	Pool
9:00-10:00	Silver Sneakers Classic	Wendy	GES
10:00-11:00	Silver Sneakers Circuit	Laura	GES
PM			
12:00-1:00	Body Pump	Kelly	GEN
SATURDAY			
AM			
9:00-10:00	Indoor Cycling	Varies	GEN
10:00-11:00	Body Pump	Varies	GEN
11:00-12:00	Body Pump	Varies	GEN

Key

GEN= Group Exercise North
 GES= Group Exercise South
 SPR= Sports Performance Room
 Pool= Pool
 TP = Therapy Pool

The YMCA retains the right to change/cancel any classes

300 Walnut Drive Peru, IL 61354
 (P)815-223-7904 (F)815-223-7955
www.ivymca.com



Child Watch

Monday-Thursday.....8:00am-12:00am &
 4:00-7:00pm **Members Only**

Facility Hours

Monday-Friday5:00am-9:00pm
 Saturday.....6:00am-5:00pm
 Sunday.....6:00am-4:00pm