

Illinois Valley YMCA

Group Exercise Schedule

Time	Class	Instructor	Location
MONDAY			
AM			
5:30-6:30	Body Pump	Jennifer	GEN
7:00-7:40	Early Bird Fun Fit H2O	Laura	Pool
8:00-8:50	Ageless Yoga	Varies	GEN
8:00-8:55	Fun Fit H2O	Laura	Pool
9:00-10:00	Body Pump	Dana	GEN
9:00-10:00	Silver Sneakers Classic	Varies	GES
10:00-11:00	Silver Sneakers Circuit	Varies	GES
10:00-11:30	Rock Steady Boxing	Varies	GES
11:00-11:50	Tai Chi	Rhonda	GEN
PM			
12:00-1:00	Body Pump	Kelly	GEN
5:30-6:30	Body Pump	Mindy	GEN
6:30-7:00	Grit CARDIO	Kelly	GEN

TUESDAY			
AM			
5:30-6:30	Body Combat	Jennifer	GEN
8:00-8:50	Ageless Yoga	Varies	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
7:00-8:00	YIN Yoga	Matt	GEN

WEDNESDAY			
AM			
5:30-6:30	Body Pump	Jennifer	GEN
7:00-7:40	Early Bird Fun Fit H2O	Laura	Pool
8:00-8:50	Ageless Yoga	Varies	GEN
8:00-8:55	Fun Fit H2O	Laura	Pool
9:00-10:00	Silver Sneakers Classic	Varies	GES
10:00-11:00	Silver Sneakers Circuit	Varies	GES
10:00-11:30	Rock Steady Boxing	Varies	GES
PM			
12:00-1:00	Body Pump	Kelly	GEN
5:30-6:30	Body Pump	Mindy	GEN
6:30-7:30	Yoga Flow	Emily	GEN

Time	Class	Instructor	Location
THURSDAY			
AM			
5:30-6:30	Body Combat	Jennifer	GES
8:00-9:00	Slow Flow Yoga	Matt	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			
5:30-6:30	Indoor Cycling	Varies	GEN
6:30-7:00	Grit STRENGTH	Kelly	GEN

FRIDAY			
AM			
7:00-7:40	Early Bird Fun Fit H2O	Laura	Pool
8:00-8:50	Ageless Yoga	Varies	GEN
8:00-8:55	Fun Fit H2O	Laura	Pool
9:00-10:00	Silver Sneakers Classic	Varies	GES
10:00-11:00	Silver Sneakers Circuit	Laura	GES
PM			
12:00-1:00	Body Pump	Kelly	GEN

SATURDAY			
AM			
7:30-8:30	YIN Yoga	Matt	GEN
9:00-10:00	Indoor Cycling	Varies	GEN
9:00-10:00	Body COMBAT	Jennifer	GES
10:00-11:00	Body PUMP	Varies	GEN
10:00-10:40	Family Fitness Splash & Fun	ON HOLD	N/A

KEY

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

Facility Hours

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

CHILD WATCH **Members Only**

Monday: 8:00am-12:30pm
 Wednesday: 8:00am -1:00pm
 Tuesday & Thursday: 8:00am – 12:00pm
 Friday: 9:00am -12:00pm
 Saturday 8:30am – 11:30am
 Monday – Thursday: 4:00-7:00pm

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The YMCA retains the right to change/cancel any classes



CLASS INFORMATION ON THE BACK