

Illinois Valley YMCA

Group Exercise Schedule

Time Classes Instructor Location

MONDAY

AM

5:30-6:30	Body Pump	Jennifer	GEN
7:00-7:40	Early FunFit H2O	Varies	Pool
8:00-8:50	Ageless Yoga	Varies	GEN
8:00-8:40	FunFit H2O	Varies	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

12:00-12:45	PILATES	Emily	GEN
5:30-6:15	Aqua Zumba	Kim	Pool
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

5:00-5:30	Fluid Running	Emily	Pool
5:30-6:15	Aqua Yoga	Emily	TP
5:30-6:30	Indoor Cycling	Varies	GEN
6:30-7:00	Beginner Spin	Varies	GEN

WEDNESDAY

AM

5:30-6:30	Body Pump	Jennifer	GEN
7:00-7:40	Early FunFit	Varies	Pool
8:00-8:50	Ageless Yoga	Varies	GEN
8:00-8:40	FunFit H2O	Varies	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

12:00-12:45	BodyPump	Kelly	GEN
5:30-6:15	Aqua Aerobics	Kelly F.	Pool
5:30-6:30	Body Pump	Mindy	GEN
6:30-7:30	Yoga Flow	Emily	GEN

CHILD WATCH **Members Only**

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

Time Classes Instructor Location

THURSDAY

AM

5:30-6:30	Body Combat	Jennifer	GEN
6:30-7:15	PILATES	Emily	GEN
8:00-8:50	Ageless Yoga	Sharon	GEN
8:30-9:25	Fluid Fusion	Marge	Pool
9:30-10:30	SilverSneakers Splash	Marge	Pool
11:00-11:50	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 FunFit H2O	Varies	Pool
8:00-8:50	Ageless Yoga	Varies	GEN
8:00-8:40	FunFit H2O	Varies	Pool
9:00-9:45	BARRE	Emily	GEN
9:00-10:00	Silver Sneakers Classic	Varies	GES
10:00-11:00	Silver Sneakers Circuit	Varies	GES

PM

12:00-1:00	Body Pump	Kathy	GEN
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SATURDAY

AM

7:30-8:30	RestoraYin Yoga	Emily	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

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

300 Walnut Drive Peru, IL 61354
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www.ivymca.org

2025



The YMCA retains the right to change/cancel any classes

CLASS INFORMATION ON THE BACK