

# 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

### 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](http://www.ivymca.org)

2025

\*The YMCA retains the right to change/cancel any classes\*

## CLASS INFORMATION ON THE BACK

