



# Illinois Valley YMCA

## Group Exercise Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

\*Updated January 8, 2018\*

Time	Class	Instructor	Location
<b>MONDAY</b>			
<b>AM</b>			
8:00-8:50	Ageless Yoga	Wendy	GEN
9:00-9:50	Wet `n Wild	Marge	Pool
9:00-10:00	Body Pump	Dana J	GEN
9:00-10:00	SilverSneakers Classic	Wendy	GES
10:00-11:00	SilverSneakers Circuit	Wendy	GES
10:00-11:00	Basic Yoga	Connie	GEN
11:10-11:50	Tai Chi	Connie	GEN
<b>PM</b>			
12:00-1:00	Body Pump	Kelly	GEN
5:00-5:50	Kardio Kick	Angie	GEN
5:00-5:50	Warm Water Workout	Marge	TP
5:00-6:00	Indoor Cycling	Dana W	SPR
5:30-6:30	Yoga Blend	Courtney	GES
6:00-7:00	Body Pump	Connie	GEN
6:10-6:40	Intro Cycling	Varies	SPR

Time	Class	Instructor	Location
<b>THURSDAY</b>			
<b>AM</b>			
5:15-5:45	Body Pump	Liz B.	GEN
5:45-6:15	Cx Worx	Liz B.	GEN
6:30-7:30	Body Pump	Karla	GEN
7:00-8:00	Indoor Cycling	Angie	SPR
8:00-8:50	Ageless Yoga	Wendy	GEN
8:30-9:30	Fluid Fusion	Marge	Pool
9:00-9:50	SilverSneakers Cardio	Wendy	GEN
9:05-10:05	Indoor Cycling	Sara	SPR
9:30-10:30	Silver Sneakers Splash	Marge	Pool
11:10-11:50	Tai Chi	Rhonda	GEN
<b>PM</b>			
4:30-5:20	Pilates	Mike F	GES
5:45-6:30	Indoor Cycling	Dana W	SPR
5:55-6:25	CX Worx	Jill M	GEN
6:30-7:30	Zumba	Rosanna	GEN

<b>TUESDAY</b>			
<b>AM</b>			
5:15-6:15	Body Pump	Liz B.	GEN
6:30-7:30	Body Pump	Karla	GEN
7:00-8:00	Indoor Cycling	Angie	SPR
8:00-8:50	Ageless Yoga	Wendy	GEN
8:30-9:30	Fluid Fusion	Dana J	Pool
9:00-9:50	SilverSneakers Cardio	Wendy	GEN
9:05-10:05	Indoor Cycling	Sara	SPR
9:30-10:30	Silver Sneakers Splash	Dana J	Pool
<b>PM</b>			
4:30-5:20	Pilates	Mike F	GES
5:10-5:50	Upbeat	Angie	GEN
5:45-6:30	Indoor Cycling	Ed	SPR
5:55-6:25	Cx Worx	Jill M	GEN
6:30-7:30	Zumba	Gabby	GEN

<b>FRIDAY</b>			
<b>AM</b>			
6:30-7:30	Bike Boot Camp	Angie	SPR
8:00-8:50	Ageless Yoga	Wendy	GEN
9:00-9:50	Water in Motion	Marge	Pool
9:00-9:50	321 Blast	Gabby	GEN
9:00-10:00	SilverSneakers Classic	Wendy	GES
10:00-11:00	SilverSneakers Circuit	Wendy	GES
10:00-11:00	Ashtanga Yoga	Sara	GEN
<b>PM</b>			
12:00-1:00	Body Pump	Kelly	GEN

<b>WEDNESDAY</b>			
<b>AM</b>			
5:15-6:15	Body Attack	Liz B.	GEN
8:00-8:50	Ageless Yoga	Wendy	GEN
9:00-9:50	Wet `n Wild	Dana J/ Marge	Pool
9:00-10:00	Body Pump	Dana J/ Connie	GEN
9:00-10:00	SilverSneaker Classic	Wendy	GES
10:00-11:00	SilverSneakers Circuit	Wendy	GES
<b>PM</b>			
12:00-1:00	Body Pump	Kelly	GEN
5:00-5:50	Warm Water Workout	Marge	TP
5:00-6:00	Indoor Cycling	Angie	SPR
6:00-7:00	Body Pump	Jill M	GEN
6:10-6:40	Intro Cycling	Varies	SPR

<b>SATURDAY</b>			
<b>AM</b>			
8:00-8:50	Ageless Yoga	Wendy	GEN
9:00-10:00	Indoor Cycling	Varies	SPR
10:00-11:00	Body Pump	Varies	GEN
10:00-11:00	Zumba	Varies	GES

### Key

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

\*Intro to Cycling M/W is a 2 month class\*

### Child Watch

Monday-Thursday.....9:00am-1:00pm & 4:00-8:00pm  
Friday.....9:00am-1:00pm & 4:00-8:00pm  
Saturday.....8:30-11:00am  
Sunday.....Closed

### Facility Hours

Monday-Thursday.....5:00am-9:00pm  
Friday.....6:00am-9:00pm  
Saturday.....6:00am-5:00pm  
Sunday.....6:00am-8:00pm

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

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**Ageless Yoga** – This class features elements of traditional Ashtanga Yoga such as sun salutations, standing and seated poses, and breathe work. This practice will build strength, aid balance and weight loss, while reducing stress and increasing vitality. The class is popular with both men and women of all ages.

**Therapeutic Tai Chi** – is the slow and harmonious physical fitness system of gentle stretching, calm movement, and relaxation that has been practiced in China for thousands of years to achieve and maintain wellness.

**Wet N' Wild** – is a great way to get started for the day with cardiovascular and resistance training exercise in the shallow water.

**SilverSneakers® Classic**– Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**SilverSneakers® Splash**– Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

**SilverSneakers® Circuit**– Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**SilverSneakers CardioFit**– Get up and go in this cardio workout. The class focuses on low-impact movement, building upper-body strength, abdominal conditioning, stretching, and relaxation exercises designed to energize your active lifestyle.

**Fluid Fusion** – takes you beyond the normal limits to the great depths of the pool for an exhilarating exercise experience in the water!

**Pilates** – combines the practice of Joseph Pilates with fitness balls, resistance bands, and foam rollers, helping to build long, lean muscles. These tools come together to formulate a powerful mixture to help build a stronger core, which helps to keep the body balanced and which are essential to providing support for the spine.

**Indoor Cycling** – is a class that will lead you through an indoor bike cycling journey that simulates a variety of terrains, hills, and intervals. Great for toning the lower body as well as the heart and lungs!

**Kardio Kickboxing** is a form of martial art exercise that challenges the mind to keep up with the body! Highly motivating for those who need an extra "PUNCH" in their daily workout routine!

**Basic Yoga**– Yoga training that can be modified for everyone. Easy to follow movements for flexibility and strength combined with peaceful music is the perfect combination for the beginner-level participant.

**Body Attack**– BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories\* and leaving you with a sense of achievement.

**Zumba®** – fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**Bike Boot Camp** – gets your day started off on the right TIRE! Join Angie while she leads you through a fast paced, hilly, bike workout mixed with weights that will be sure to get your day going first thing in the morning!

**BodyPUMP** – The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

**CX Worx**– Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX™ is for you! CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

**Beginner Yoga Blend**– Beginner Yoga Blend is a gentle class. It is appropriate for anyone who is new to yoga or rediscovering yoga. This class is designed for students who want a gentle practice. We will be focusing on introductory poses with an emphasis on alignment, breath/body awareness and gentle strength building. This practice will help to cultivate an appreciation for the feeling of the shapes and movement of yoga postures and the freedom and vitality gained through breathing consciously and coordinating the movement of the breath and the body.

**WATERinMOTION** – is the new wave in aquatic fitness! This class is for everyone- all ages, all fitness levels! If you love incredible music, invigorating movement, this class is for you!

**Upbeat**– a combination of upper/lower body & core muscle movements set to an upbeat rhythm that is sure to get your blood pumping and sweat rolling. Inspired by drumming this class utilized drum sticks and music that will draw you in and challenge your fitness.

**Warm Water Workout**– A combination of water aerobics, yoga, and stretching in the therapy pool.

**3-2-1 Blast**: BLAST your workout outta this world! 3-2-1- Blast is a mix of cardio and weight training that will get your heart pumpin' and your muscles thumpin'! A variety of different exercise each time the class meets will keep you excited and coming back for more. Get your entire workout done in just one, cardio/weight training packed hour!

**Ashtanga Yoga** –is an athletic flow combining strength, flexibility and stamina for a complete practice