

## FREE Group Exercise Classes with Membership - Water Classes; Lap Pool, Therapy Pool, and Water Walking Class Schedule



Mon	Tue	Wed	Thu	Fri
<p><b>Water Walking;</b> 9:30-11a(Water Park)</p> <p><b>Wet n Wild;</b> Marge; 9-9:50a (Lap)</p> <p><b>Warm Water Workout;</b> Marge;5:00-5:50pm (Therapy)</p>	<p><b>Fluid Fusion;</b> Dana; 8:30-9:30a (Lap)</p> <p><b>Silver Sneakers Splash:</b> Dana; 9:30-10:30a (Lap)</p> <p><b>Water Walking;</b> 9:30-11a &amp; 5:30-7p (Water Park)</p>	<p><b>Water Walking;</b> 9:30-11a (Water Park)</p> <p><b>Wet n Wild;</b> Dana/Marge; 9-9:50a (Lap)</p> <p><b>Warm Water Workout;</b> Marge; 5:00-5:50pm (Therapy)</p>	<p><b>Fluid Fusion;</b> Marge; 8:30-9:30a (Lap)</p> <p><b>Water Walking;</b> 9:30-11a &amp; 5:30-7p (Water Park)</p> <p><b>Silver Sneakers Splash:</b> Marge; 9:30-10:30a (Lap)</p> <p><b>Fun Fit H2O:</b> Laura; 5:00-5:50pm (Therapy Pool)</p>	<p><b>Water in Motion;</b> Marge; 9-9:50a (Lap)</p> <p><b>Water Walking;</b> 9:30-11a (Water Park)</p>
<p><b>Facility Hours:</b> Monday-Thursday; 5a-10p Friday: 5a-9:00p Saturday: 6a-5:00p Sunday: 6a-8:00p</p> <p><b>Child Watch Hours:</b> Mon-Thurs: 9a-1p &amp; 4-8:00p Friday: 9a-1p &amp; 4-6:00p Saturday: 8:30a-1:00p</p>		<p>For cancellations follow us on our Facebook Page</p> <p>@IllinoisValleyYMCA</p>		

# FREE Group Exercise Classes with Membership - Land Classes; Group Exercise South, North, and Sports Performance Room



Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Ageless Yoga:</b> Wendy; 8a (GEN)</p> <p><b>Body Pump:</b> Dana; 9a (GEN)</p> <p><b>SilverSneakers Classic:</b> Wendy; 9a (GES)</p> <p><b>SilverSneakers Circuit:</b> Wendy; 10a (GES)</p> <p><b>Basic Yoga:</b> Connie; 10:10a (GEN)</p> <p><b>Tai Chi SUN Style:</b> Connie; 11:10a (GEN)</p> <p><b>Body Pump:</b> Kelly; 12p (GEN)</p> <p><b>Kardio Kick:</b> Angie; 5p (GEN)</p> <p><b>Indoor Cycling:</b> Dana; 5p (SPR)</p> <p><b>Body Pump:</b> Mindy; 6p (GEN)</p> <p><b>Muay Thai Kickboxing:</b> Rick Kramer; 5:00p</p>	<p><b>Body Pump:</b> Liz; 5:15a (GEN)</p> <p><b>Body Pump:</b> Karla; 6:30a (GEN)</p> <p><b>Indoor Cycling:</b> Angie; 7a (SPR)</p> <p><b>Ageless Yoga:</b> Wendy; 8a (GEN)</p> <p><b>SilverSneakers Cardio:</b> Wendy; 9a (GEN)</p> <p><b>Indoor Cycling:</b> Sara; 9:05a (SPR)</p> <p><b>Upbeat:</b> Angie; 5:10p (GEN)</p> <p><b>Indoor Cycling:</b> Ed; 5:45p (SPR)</p> <p><b>Zumba:</b> Bianca; 6p (GEN)</p> <p><b>IVCH Tai Chi (Grn Gym)</b> 9:00am</p>	<p><b>Body Attack:</b> Liz; 5:15a (GEN)</p> <p><b>Ageless Yoga:</b> Wendy; 8a (GEN)</p> <p><b>Body Pump:</b> Dana/Connie; 9a (GEN)</p> <p><b>SilverSneaker Classic:</b> Wendy; 9a (GES)</p> <p><b>SilverSneaker Circuit:</b> Wendy; 10a (GES)</p> <p><b>Body Pump:</b> Kelly; 12p (GEN)</p> <p><b>Indoor Cycling:</b> Angie; 5p (SPR)</p> <p><b>Muay Thai Kickboxing:</b> Rick Kramer; 5:00p</p> <p><b>Pilates: 4:45pm * (GEN)</b> Mike Furlan/Kim Eccles</p> <p><b>Yoga Flow</b> Emily - 6:10p (GEN)</p>	<p><b>Body Pump:</b> Liz; 5:15a (GEN)</p> <p><b>Body Pump:</b> Karla; 6:30a (GEN)</p> <p><b>Indoor Cycling:</b> Angie; 7a (SPR)</p> <p><b>Ageless Yoga:</b> Wendy; 8a (GEN)</p> <p><b>SilverSneakers Cardio:</b> Wendy; 9a (GEN)</p> <p><b>Indoor Cycling:</b> Sara; 9:05a (SPR)</p> <p><b>Tai Chi SUN Style:</b> Rhonda; 11:10a (GEN)</p> <p><b>Indoor Cycling:</b> Dana; 5:45p (SPR)</p> <p><b>Zumba:</b> Bianca; 6p (GEN)</p> <p><b>IVCH Tai Chi (Grn Gym)</b> 9:00am</p> <p><b>Body Pump: *New*</b> Mindy; 5:00pm (GEN)</p>	<p><b>Bike Boot Camp:</b> Angie; 6:30a (SPR)</p> <p><b>Ageless Yoga:</b> Wendy; 8a (GEN)</p> <p><b>321 Blast:</b> Bethany; 9-9:50sa (GEN)</p> <p><b>SilverSneakers Classic:</b> Wendy; 9a (GES)</p> <p><b>SilverSneakers Circuit:</b> Wendy; 10a (GES)</p> <p><b>Body Pump:</b> Kelly; 12p (GEN)</p>	<p><b>Ageless Yoga:</b> Wendy; 8a (GEN)</p> <p><b>Indoor Cycling:</b> Varies 9a (SPR)</p> <p><b>Body Pump:</b> Varies; 9a (GEN)</p> <p><b>Zumba:</b> Bethany; 10a (GEN)</p>
	<p>*New* Body Pump class doesn't begin until March 5, 2020</p>	<p><b>GEN=</b> Group Ex North</p> <p><b>GES=</b> Group Ex South</p> <p><b>SPR=</b> Sports Performance Room</p>	<p><b>Facility Hours:</b> Monday-Thursday: 5a-10p Friday: 5a-9:00p Saturday: 6a-5:00p Sunday: 6a-8:00p</p> <p><b>Child Watch Hours:</b> Mon-Thurs: 9a-1p &amp; 4-8:00p Friday: 9a-1p &amp; 4-6:00p Saturday: 8:30a-1:00p Sunday: Closed</p>	<p>For cancellations follow us on our Facebook Page</p> <p><b>@IllinoisValleyYMCA</b></p>	