

Illinois Valley YMCA Group Exercise Schedule

Time	Class	Instructor	Location
MONDAY			
AM			
8:00-8:50	Ageless Yoga	Wendy	GEN
8:30-9:25	Fun Fit H2O	Laura	Pool
9:00-10:00	Body Pump	Dana/Jen	GEN
9:00-10:00	SilverSneakers Classic	Wendy	GES
10:00-11:00	SilverSneakers Circuit	Wendy	GES
11:00-11:50	Tai Chi	Rhonda	GEN
PM			
12:00-1:00	Body Pump	Kelly	GEN
5:00-5:55	Fun Fit H2O	Laura	Pool
6:00-7:00	Body Pump	Mindy	GEN

Time	Class	Instructor	Location
TUESDAY			
AM			
8:00-8:50	Ageless Yoga	Wendy	GEN
9:30-10:30	SilverSneakers Splash	Marge	Pool
PM			
6:00-7:00	Indoor Cycling	Varies	SPR

Time	Class	Instructor	Location
WEDNESDAY			
AM			
8:00-8:50	Ageless Yoga	Wendy	GEN
8:30-9:25	Fun Fit H2O	Laura	Pool
9:00-10:00	Body Pump	Dana/Jen	GEN
9:00-10:00	SilverSneakers Classic	Wendy	GES
10:00-11:00	SilverSneakers Circuit	Wendy	GES
PM			
12:00-1:00	Body Pump	Kelly	GEN
6:00-7:00	Body Pump	Mindy	GEN
6:30-7:30	Yoga Flow	Emily	TBD

Time	Class	Instructor	Location
THURSDAY			
AM			
8:00-8:50	Ageless Yoga	Wendy	GEN
9:30-10:30	SilverSneakers Splash	Marge	Pool
11:10-11:50	Tai Chi	Rhonda	GEN
PM			
5:00-6:00	Body Pump	Varies	GEN
5:00-5:55	Fun Fit H2O	Laura	Pool
6:00-7:00	Indoor Cycling	Varies	SPR

Time	Class	Instructor	Location
FRIDAY			
AM			
8:00-8:50	Ageless Yoga	Wendy	GEN
9:00-10:00	SilverSneakers Classic	Wendy	GES
10:00-11:00	SilverSneakers Circuit	Wendy	GES
PM			
12:00-1:00	Body Pump	Kelly	GEN
5:00-5:55	Fun Fit H2O	Laura	Pool

Time	Class	Instructor	Location
SATURDAY			
AM			
9:00-10:00	Indoor Cycling	Ed	SPR
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

Updated: June 16, 2021

Child Watch

Monday-Thursday.....8:00am-11:00am &
 4:00-7:00pm **Members Only**

Facility Hours

Monday-Friday5:00am-8:00pm
 Saturday.....6:00am-4:00pm
 Sunday.....6:00am-4:00pm



The YMCA retains the right to change/cancel any classes

300 Walnut Dr; Peru, IL 61354
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 www.ivymca.com

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!

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.

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