

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	Silver Sneakers Classic	Wendy	GES
10:00-11:00	Silver Sneakers 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

TUESDAY			
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AM			
8:00-8:50	Ageless Yoga	Wendy	GEN
8:30-9:25	Fluid Fusion	Marge	Pool
9:30-10:30	Silver Sneakers Splash	Marge	Pool
10:00-11:00	Silver Sneakers Circuit	Laura	GES

PM			
6:00-7:00	Indoor Cycling	Varies	SPR

WEDNESDAY			
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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
10:00-11:00	Silver Sneakers Circuit	Wendy	GES

PM			
12:00-1:00	Body Pump	Kelly	GEN
6:30-7:30	Yoga Flow	Emily	GEN

Time	Class	Instructor	Location
THURSDAY			

AM			
8:00-8:50	Ageless Yoga	Wendy	GEN
8:30-9:25	Fluid Fusion	Marge	Pool
9:30-10:30	Silver Sneakers Splash	Marge	Pool
11:10-11:50	Tai Chi	Rhonda	GEN

PM			
5:00-6:00	Body Pump	Mindy	GEN
5:00-5:55	Fun Fit H2O	Laura	Pool
6:00-7:00	Indoor Cycling	Varies	SPR

FRIDAY			
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AM			
8:00-8:50	Ageless Yoga	Wendy	GEN
8:30-9:25	Fun Fit H2O	Laura	Pool

PM			
12:00-1:00	Body Pump	Kelly	GEN

SATURDAY			
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AM			
9:00-10:00	Indoor Cycling	Varies	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: September 7, 2021

Child Watch

Monday-Thursday.....8:00am-12:00am &
 4:00-7:00pm **Members Only**

Facility Hours

Monday-Friday5:00am-9:00pm
 Saturday.....6:00am-5:00pm
 Sunday.....6:00am-4:00pm



The YMCA retains the right to change/cancel any classes

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