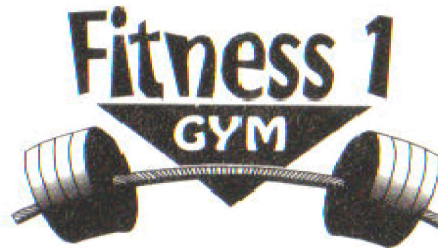


2016

HAPPY NEW YEAR



Peoria Group Fitness Schedule

91st Avenue & Union Hills / (623) 376-7888

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	BOOTCAMP Pam 1 hr		HARDBODY Pam 1 hr				
8:30		YOGA Sayuri 1 hr	BUTTS & GUTS Latrece 1 hr		TOTAL BODY COND. Jami 1 hr		
9:00	STRICTLY ABS Jami 30 min			STRICTLY ABS Jami 30 min		HARDBODY Latrece 1 hr	
9:30	H.I.I.T Jami 1 hr	UPPER BODY BLAST Latrece 1 hr	COMOTION DANCE FITNESS Latrece 1 hr	STEP AND SCULPT Jami 1 hr	ZUMBA Deanna 1 hr		
10:00						ZUMBA Rachel (1 hr)	
10:30	SILVER SNEAKERS MS ROM Latrece 1 hr	ZUMBA Alicia 1 hr	SILVER SNEAKERS MS ROM Amanda 1 hr	SILVER SNEAKERS CARDIO CIRCUIT Lisa 1 hr	SILVER SNEAKERS MS ROM Latrece 1 hr		
PM							
5:30	YOGA Sayuri 1 hr	ATHLETIC DRILLS Amanda 1 hr		YOGA Sayuri 1 hr			

6:30	ZUMBA Rachel 1 hr		EDM Body Fitness Hilda/Vee 1 hr	GROOVE AND SCULPT Rachel 1 hr			
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4/2017



Peoria Group Fitness Schedule

CARDIO	
H.I.I.T	High Intensity Interval Training incorporating Tabata drills, cardio/strength circuits and step. 1 hr
Athletic Drills	Hi- intensity calisthenics using body weight exercises that burn fat and increase endurance. 1 hr
30-30-30 Combo	30 minutes Kickboxing, 30 minutes lower body, 30 min core/pilates (90min total)
Zumba	Fuses Latin rhythms and easy-to-follow simple dance moves to create a fun hour of fitness 1 hr
BOOT CAMP	Combo of weights & cardio training. Full body workout, abs, circuit training, & drills. 1 hr
STRENGTH	
UPPER BODY BLAST	Strength training focusing on upper body using hand weights and resistance tubes. 1 hr
HARDBODY	This intensive one-hour class focuses on the full body, particularly arms, legs, and core. Using equipment and body weight exercises, this class focuses on toning muscles with intermittent cardio intervals. 1 hr
STRICTLY ABS	Focus on strengthening your abs, glutes, lower back and overall core. 30 min
Groove and Sculpt	Dance Cardio combined with an upper body resistance and core workout 1 hr
MIND-BODY	
CORE N MORE	Pilates and tone class that will incorporate moves for lengthening and strengthening of those mid body muscles. 1 hr
YOGA	Movements are matched to your breathing resulting in continuous movements throughout class. 1 hr
PILATES	Core conditioning focusing primarily on strengthening the back and abdominal muscles. 1 hr
SILVER SNEAKERS	
<u>Classic</u> - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance: a chair is used for seated or standing support. 1 hr	
Senior Walk Fit - Walk miles in minutes! This class increases endurance and burns fat with simple marching movements. 30min	
<u>Cardio</u> - Perfect for those who are fit & active as well as those who want a safe, effective and energizing activity. Hand-held weights or elastic tubing with handles can be used for the strength training segment that follows the "cardio" segment. The SilverSneakers chair offers stability or support options for abdominal and stretching exercises from the floor 1 hr	
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CONTACT: Group Fitness Coordinator, Latrece Redmond – latrece.redmond@gmail.com
HOURS OF OPERATION: Mon. - Th. Open 4:00am 24 hours! / Fri. 4:00am – 10:00 pm / Weekends 6:00am–8:00pm
CHILDCARE: Mon. - Fri. 8:00am–12:00 pm / Mon.-Fri. 4:00pm-8:00pm / Sat. 8:00am-1:00pm / Closed Sun.
Schedules are subject to change.