



Group Fitness

GENTLE CLASS OPTIONS

see our full schedule on-line - www.landmarkrec.com

3225 N. Dries Lane ~Peoria, IL ~ 61604 / 309-685-8200

Fitness Program Director ~ Kristi DeJarld 685-9546

We are proud to be an official SILVER SNEAKERS facility!



	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.	Sun.
8:00-8:45 am	Morning Excursion - Diane		Morning Excursion - Diana		ZUMBA Gold ZUMBA GOLD - Patty		
8:00-8:30 am						AQUA Fun- Patty	
8:20-9:00 am		AQUA ZUMBA(Gold) Patty		AQUA ZUMBA(Gold) Patty			
8:30-9:10 am						AQUA ZUMBA Patty	
9:00-9:40 am	Aqua Survivor ~ Kathy						
9:10-9:50 am		ZUMBA Basic- Kristi		ZUMBA Basic- Kristi			
10:00-10:40am			Circuit - Kelli				
10:30-11:10 am		Pool Workout - ROSE		Pool Workout - ELMIRA			
10:30-11:15 am		Sliver Sneakers Classic - Laura H.		Sliver Sneakers Classic - Kelli			
11:00-11:45 am	TAI CHI - Keith Boswell						
11:00 - 11:45 AM			YOGA - Kelli			Sliver Sneakers Saturday	
11:20-11:50 AM				YOGA - Kelli			
12:55-1:25 pm			Pilates - Kristi				
1:00-1:40 pm	Pool Workout - Rose		Pool Workout -Mary & Timber		Pool Workout - Mary		
4:30-5:25 pm	Low Impact - Diane		Low Impact - Diane				
5:30-6:30 pm							
5:30-6:10 pm	AQUA ZUMBA - Kristi		AQUA ZUMBA - Debracca				
6:20-7:00 pm		AQUA Fun - Kathy		AQUA Fun - Timber			