



3225 N Dries Lane/Peoria, IL 61604
309-685-8200 www.landmarkrec.com

MAR 6 – APR 29 , 2017

Room key

- CR- Combat Room
- LS- Large Studio
- SR – SPIN Room
- SS- Small Studio
- SG – South Gate /by Bullpen

CLASS COST INFORMATION

Indicates FREE class for gym members

1. Landmark gym members

– Group classes are an additional cost at Landmark. :

- a) Drop into a class - \$3 fee
- b) Purchase a 10 class punch card for \$20/ punch cards do not expire
- c) BEST VALUE: add unlimited classes to your gym membership - \$100 for one year (premium classes are extra)

2) NON members

- a) Drop into a class - \$6 fee for most classes / \$3 for fee for Gentle classes
- b) Purchase a 10 class punch card for \$50 / punch cards do not expire
- c) BEST VALUE: purchase a CLASS ONLY membership – only \$25 per month (one year contract) OR pay in advance \$250 and save even more money! (premium classes are extra)

GENTLE class punch cards

are also available for members and nonmembers – only \$40 for 16 classes

***KIDS class punch card:**

\$15 for 10 classes (mem & non)
Kids fitness classes are included with kids membership or Kids room drop in cost (except swim school & Ballet)

MONDAY

5:30-6:45 AM	SPIN Fusion	SR & TRX	Trish
8:00-8:45 AM	Morning Excursion ⚙	LS	Diane
9:00-9:55 AM	SPINNING	SR	Lynne
9:00-9:40 AM	Aqua Survivor ⚙	POOL	Kathy
9:00-9:55 AM	YOGA Flow	LS	Vikki
10:00-10:40AM	PIYO	LS	Lynne
10:00-10:55AM	Barre Sculpt	SS	Jamie
11:00-11:45 AM	Tai Chi NEW!!	LS	Keith Boswell

11:00-11:45 AM	SPINNING	SR	Jamie
12:00-1:10 PM	PowerFlex Plus Stretch	LS	Amanda
1:00-1:40 PM	Pool Workout	POOL	RoseMarie

*Youth Swim School @with Josh/ register for 6 week session
4:15-4:45 PM / 4:45-5:15 PM*

4:30-5:25 PM	Low Impact ⚙	LS	Diane
5:00-5:25 PM	INSANITY	GYM	Cara
5:30-6:25 PM	RIPPED	LS	Amy
5:30-6:10 PM	AQUA ZUMBA ⚙	POOL	Kristi
5:30-6:15 PM	SPINNING	SR	Sue
6:30-7:00 PM	TRX Bootcamp –limited class numbers	AMY	
6:30-7:15 PM	SPINNING	SR	Ron
6:30-7:25 PM	ZUMBA Toning(1 hour!)	LS	Monica
7:30-8:30 PM	WERQ NEW!!	LS	Matthew

THURSDAY

5:15-6:00 AM	TRX Bootcamp / limited class numbers/ TRISH		
5:15-6:00 AM	SIMPLY Strength	LS	Stacy
8:20-9:00 AM	Aqua ZUMBA Gold ⚙ POOL		Patty
9:00-10:00 AM	ZUMBA Toning	GYM	Kristi
9:00-9:30 AM	INSANITY	LS	Laura
9:15-10:15 AM	BARRE Sculpt	SS	Jamie
9:30-10:15 AM	PowerFlex	LS	Laura

10:30-11:10 AM	Pool Workout ⚙	POOL	Elmira
10:30-11:15 AM	Silver Sneakers Classic ⚙ LS		Kelli
11:20-11:50 AM	Silver Sneakers Yoga ⚙ LS		Kelli
12:15-1:00 PM	SPINNING	SR	Kelli
4:30-5:15 PM	POWERFLEX	LS	Laura B.i
5:30-6:15 PM	SPINNING	SR	Katie
5:30-6:25 PM	WERQ NEW!!	GYM	Emily
5:30-6:00 PM	INSANITY	LS	Lynne
5:30-6:30 PM	YOGA Flow	SG	Laura B.

5:30—6:25 PM	*Boxing class INTRO	CR	Bruce
6:00-6:25 PM	PIYO	LS	Lynne
6:20-7:00PM	Aqua HIIT ⚙	POOL	Timber
6:30-7:10 PM	Pilates Power	SS	Katie
6:30-7:30 PM	ZUMBA & Zumba Toning	LS	Sue Neff

TUESDAY

5:15-6:00 AM	TRX Bootcamp / limited class numbers/ TRISH		
8:20-9:00 AM	Aqua ZUMBA Gold ⚙ POOL		Patty
9:00-10:00 AM	ZUMBA	GYM	Kristi
9:00-9:30 AM	RIPPED Cardio	LS	Laura
9:15-10:15 AM	BARRE Sculpt	SS	Jamie
9:30-10:15 AM	Full Body Blitz	LS	Laura
10:30-11:15 AM	Silver Sneakers Classic ⚙ LS		Laura
10:30-11:10 AM	Pool Workout ⚙	POOL	RoseMarie
12:15-1:00 PM	SPINNING	SR	Kristi
4:30-5:25 PM	Full Body Blitz	LS	Kelli

5:30-6:00 PM Yoga Kids Ⓜ SS Elmira

5:30-6:15 PM	SPINNING	SR	Amy
5:30-6:25 PM	WERQ NEW!!	GYM	Emily
5:30-6:25 PM	TURBOKICK	LS	Lynne
5:30-6:30 PM	YOGA Flow	SG	Beth
6:20-7:00PM	Aqua Fit ⚙	POOL	Kathy
6:30-7:00 PM	POWER STEP	LS	Stacy
7:00-7:45 PM	PowerFlex Plus	LS	Stacy

FRIDAY

5:30-6:45 AM	SPIN Fusion	SR&TRX	Trish
8:00-8:45 AM	ZUMBA Gold ⚙	LS	Patty
9:00-10:30 AM	SPIN BarreFusion	SR & SS	Jamie
9:00-10:00 AM	ZUMBA	LS	Patty
10:00 – 10:30 AM	ZUMBA Kids	LS	Patty
10:45-11:45 AM	YOGA Flow	LS	Beth
12:00-12:50 PM	PowerFlex Plus	LS	Amanda
1:00-1:40 PM	Silver Splash ⚙	POOL	Mary
5:30 PM	HAPPY HOUR CLASS (see below)		

***CYCLEBOX and BOXFIT**

classes are part of a premium program that is an additional charge. We offer FREE INTRO classes that are a prerequisite to attending any Boxing class.

See additional brochure for more info and cost.



Step out of your comfort zone and get in fighting shape!

5:30 PM HAPPY HOUR FRIDAYS!

CLASSES ARE FREE FOR MEMBERS!

- Mar 10 **PIYO** with Lynne
- Mar 17 **WERQ** with Matthew!
- Mar 24 **ZUMBA** Mardi Gras!
- Mar 31 **SPINNING** with Trish
- Apr 7 **PowerFlex** with Laura
- Apr 14 **Pilates & Barre** with Katie
- Apr 21 **WERQ** with Emily
- Apr 28 **SPINNING** with Stacy

Join the Happy Hour fun at Landmark's BULLPEN after class!

WEDNESDAY

5:15-6:15 AM	WERQ NEW!!	LS	Trish
5:30-6:15 AM	SPINNING	SR	Kevin
8:00-8:45 AM	Morning Excursion ⚙	LS	Diana
9:00-9:55 AM	PIYO	LS	Beth
9:00-9:55 AM	SPINNING	SR	Lynne
10:00-10:40AM	SIMPLY Strength	SS	Lynne
10:00-10:45 AM	Silver Sneakers Circuit ⚙ LS		Kelli
11:00-11:45 AM	Silver Sneakers Yoga ⚙ LS		Kelli
11:00-11:45 AM	SPINNING	SR	Kristi
12:00-12:50 PM	PowerFlex Plus	LS	Sue
12:55-1:25 PM	Pilates Mat ⚙	LS	Kristi
1:00-1:40 PM	Pool Workout ⚙	POOL	Mary/Timber

*Youth Swim School @with Maggie/ register for 8 week session
4:15-4:45 PM / 4:45-5:15 PM*

4:30-5:25 PM	Low Impact ⚙	LS	Diane
5:00-5:25 PM	INSANITY	GYM	Stacy
5:30-6:25 PM	POWERFLEX Plus	LS	Laura B.
5:30-6:10 PM	AQUA ZUMBA ⚙	POOL	Debracca
6:30-7:30 PM	ZUMBA	LS	Monica
6:30-7:00 PM	TRX Bootcamp /limited class numbers - Stephanie		

SATURDAY

SPIN ROOM : 8:00-8:45 AM SPINNING SR Rotation
9:00-9:45 AM SPINNING SR Rotation

LARGE STUDIO

8:00-8:45 AM **PIYO** LS Rotation
9:00 – 9:55 AM TurboKick / RIPPED /INSANITY LS Rotation
10:00-10:50 AM POWERFLEX LS Rotation
11:00-11:45 AM Silver Sneakers Saturday LS Rotation

SMALL STUDIO : 9:25-9:55 AM ZUMBAkids Ⓜ SS Patty
10:00-10:55 AM BARRE Sculpt E/O week SS Jamie
11:00-12:00 PM Twinkle Toes Ballet Ⓜ SS Amanda
register for 6 week session

GYM : 9:00-9:55 AM **WERQ** **NEW!!** GYM Emily
POOL : 8:00-8:30 AM / AQUA Fit ⚙ POOL Patty
8:30-9:10 AM / AQUA ZUMBA ⚙ POOL Patty

*Youth Swim School @with Josh/ register for 6 week session
9:30-10:00 / 10:00-10:30 /10:30- 11:00 AM*

COMBAT ROOM

11:00 –11:55 AM ***Boxing class**INTRO CR Bruce

SUNDAY

8:00-8:45 AM SPINNING SR Rotation
9:00-9:50 AM POWERFLEX Plus LS Rotation
10:00 – 11:00 AM **WERQ** LS Kristin W.
3:00-4:00 PM ZUMBA LS Monica
4:00 – 4:55 PM Spiritual SPIN LS rotation