



3225 N Dries Lane/Peoria, IL 61604  
309-685-8200 [www.landmarkrec.com](http://www.landmarkrec.com)

**MAY 1 – JUNE 25, 2017**

**Room key**

LS- Large Studio  
SR – SPIN Room  
SS- Small Studio  
SG – South Gate /by Bullpen  
Pool / Gym /TRX

**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 <b>NEW!!</b>	LS	Keith Boswell
(there will be NO class on May 8 and June 5)			
11:00-11:45 AM	SPINNING	SR	Jamie
12:00-1:00 PM	PowerFlex	LS	Amanda /Sue
1:00-1:40 PM	Pool Workout	POOL	RoseMarie

*Youth Swim School @with Josh/ 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	<b>INSANITY</b>	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	Rotation
6:30-7:00 PM	<b>TRX</b> 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	<b>WERQ</b> <b>NEW!!</b>	LS	Matthew

**THURSDAY**

5:15-6:00 AM	<b>TRX Cardio Bootcamp</b>		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	<b>INSANITY</b>	LS	Laura
9:15-10:15 AM	BARRE Sculpt	SS	Jamie
9:30-10:15 AM	<b>PowerFlex</b>	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	<b>POWERFLEX</b>	LS	Laura B.
5:30-6:15 PM	SPINNING	SR	Katie
5:30-6:25 PM	<b>WERQ</b> <b>NEW!!</b>	GYM	Emily
5:30-6:00 PM	<b>INSANITY</b>	LS	Lynne
5:30-6:30 PM	<b>YOGA Flow</b>	SG	Laura B.
6:00-6:25 PM	<b>PIYO</b>	LS	Lynne
6:20-7:00PM	Aqua HIIT ⚙	POOL	Timber
6:30-7:10 PM	Pilates <b>BARRE</b> Fusion LS		Katie <b>NEW!!</b>

**TUESDAY**

5:15-6:00 AM	<b>TRX Strength</b> Bootcamp /		TRISH
8:20-9:00 AM	Aqua ZUMBA Gold ⚙ POOL		Patty
9:00-10:00 AM	<b>ZUMBA</b>	GYM	Kristi
9:00-9:30 AM	<b>RIPPED</b>	LS	Laura
9:15-10:15 AM	BARRE Sculpt	SS	Jamie
9:30-10:15 AM	<b>Full Body Blitz</b>	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	<b>Full Body Blitz</b>	LS	Kelli

*5:30-6:00 PM Kids Yoga Fun Ⓞ SS Elmira*

5:30-6:15 PM	SPINNING	SR	Amy
5:30-6:25 PM	<b>WERQ</b> <b>NEW!!</b>	GYM	Emily
5:30-6:25 PM	TURBOKICK	LS	Lynne
5:30-6:30 PM	<b>YOGA Flow</b>	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	<b>HAPPY HOUR CLASS</b> (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!

- MAY 5 **RIPPED** with Amy
- MAY 12 **WERQ** with Matthew!
- MAY 19 **PIYO** with Lynne
- MAY 26 **SPINNING** with Trish
- JUNE 2 **AQUA HIIT** with Timber
- JUNE 9 **WERQ** with Emily
- JUNE 16 **SPINNING** with Jess
- JUNE 23 **BLITZ** with Kelli

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

**WEDNESDAY**

5:15-6:15 AM	<b>WERQ</b> <b>NEW!!</b>	LS	Trish
5:30-6:15 AM	SPINNING	SR	Kevin
8:00-8:45 AM	Morning Excursion ⚙	LS	Diana
9:00-9:55 AM	<b>PIYO</b>	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	<b>INSANITY</b>	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
6:30-7:15 PM	SPINNING	SR	Emily/Ron
6:30-7:00 PM	<b>TRX</b> Bootcamp <i>limited class numbers - Stephanie</i>		

**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	<b>PIYO</b>	LS	Rotation
9:00 – 9:55 AM	TurboKick / RIPPED / WERQ	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

**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*

**SUNDAY**

8:00-8:45 AM	SPINNING	SR	Rotation
9:00-9:50 AM	POWERFLEX Plus	LS	Rotation
10:00 – 11:00 AM	<b>WERQ</b>	LS	Rotation
3:00-4:00 PM	ZUMBA	LS	Monica
4:00 – 4:55 PM	Spiritual SPIN	LS	rotation