



3225 N Dries Lane/Peoria, IL 61604  
309-685-8200 [www.landmarkrec.com](http://www.landmarkrec.com)  
**JUNE 26 – SEPT 10, 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 NEW!!	LS	Keith Boswell
(there will be NO class on July 24 & July 31)			
12:00-1:00 PM	PowerFlex	LS	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
5:30-6:25 PM	RIPPED	LS	Amy / rotation
5:30-6:10 PM	AQUA ZUMBA ⚙	POOL	Kristi
5:30-6:15 PM	SPINNING	SR	Rotation
6:30-7:00 PM	TRX Bootcamp –limited	class numbers AMY/rotation	
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 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	RIPPED	LS	Laura
9:15-10:15 AM	BARRE Sculpt	SS	Jamie
9:30-10:15 AM	PowerFlex	LS	Laura
10:00 – 10:30 AM	KIDS on the MOVE	GYM	Sarah
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.

6:00-6:25 PM	PIYO	LS	Lynne
6:20-7:00PM	Aqua HIIT ⚙	POOL	Timber
6:30-7:10 PM	Pilates BARRE Fusion	LS	Katie NEW!!

## TUESDAY

5:15-6:00 AM	TRX Bootcamp /	TRISH	
8:20-9:00 AM	Aqua ZUMBA Gold ⚙	POOL	Patty
9:00-10:00 AM	ZUMBA	GYM	Kristi
9:00-9:30 AM	INSANITY	LS	Laura
9:15-10:15 AM	BARRE Sculpt	SS	Jamie
9:30-10:15 AM	Full Body Blitz	LS	Laura
10:00 – 10:30 AM	ZUMBA Kids	GYM	Kristi
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 Kids Yoga Fun Ⓞ 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 Barre Fusion	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!  
JUNE 30 ZUMBA Red White & Blue  
JULY 7 TRX with Amy  
JULY 14 SPINNING with Kelli  
JULY 21 PowerFlex with Trish  
JULY 28 WERQ with Matt & Barb  
AUG 4 INSANITY with Cara  
AUG 11 Pilates & Barre with Katie  
AUG 18 PowerFlex with Sue  
AUG 25 Flexing for JDRF with Laura  
SEPT 1 NO class Labor Day weekend  
SEPT 8 WERQ with Emily and Amy  
Join the Happy Hour fun at  
Landmark's BULLPEN after class!

## WEDNESDAY

5:15-6:15 AM	WERQ	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	Diana
11:00-11:45 AM	Silver Sneakers Yoga ⚙	LS	Diana
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 Rachel/ register for 8 week session  
4:15-4:45 PM / 4:45-5:15 PM*

4:30-5:25 PM	Low Impact ⚙	LS	Diane
5:30-6:25 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	TRX Bootcamp <i>limited class numbers - Stephanie</i>		

## SATURDAY

### SPIN ROOM :

9:00-9:45 AM SPINNING SR Rotation

### LARGE STUDIO

8:00-8:45 AM PIYO LS Rotation  
9:00 – 9:55 AM Turbo / RIPPED /WERQ/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 ZUMBA kids Ⓞ 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 WERQ LS Matthew