



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

SEPT 11 – NOV 4, 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	Timber
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	Silver Sneakers YOGA	LS	Vikki <i>NEW!</i>

12:00-1:00 PM	PowerFlex	LS	Sue
12:55-1:25 PM	Pilates Mat ⚙	LS	Kristi <i>NEW!</i>

1:00-1:40 PM	Pool Workout	POOL	Rosemarie
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*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	Shanna
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	LS	Monica
7:30-8:30 PM	WERQ	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	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
11:25-11:55 AM	Silver Sneakers Yoga ⚙	LS	Kelli
12:15-1:00 PM	SPINNING	SR	Kelli
4:30-5:15 PM	Full Body Blitz	LS	Sarah <i>NEW!</i>

5:30-6:15 PM	SPINNING	SR	Katie
5:30-6:25 PM	WERQ NEW!!	GYM	Emily
5:30-6:00 PM	Cardio Core Crush	LS	Lynne <i>NEW!</i>
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 <i>NEW!!</i>

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

10:30-11:15 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
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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!

- Sept 15 **PIYO** with Judy
- Sept 22 **SPINNING** with Trish
- Sept 29 **PowerFlex** with Laura B.
- Oct 6 Birthday **WERQ** with Matt
- Oct 13 **ZUMBA Halloween Party!**
- Oct 20 **Halloween WERQ** with Emily
- Oct 27 **80's RIPPED** with AMY
- Nov 3 **Pilates and Barre** with Katie

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	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 Bernadette/ register for 8 week session
4:15-4:45 PM / 4:45-5:15 PM*

4:30-5:25 PM	Low Impact ⚙	LS	Diane
5:00-5:30 PM	INSANITY	gym	Stacy <i>NEW!</i>
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	Ron
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 /	RIPPED /INSANITY/TurboKick	LS	Rotation
9:00 – 9:55 AM	LS WERQ	GYM	Emily
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
<i>Youth Swim School @with Josh/ register for 6 week session 9:30-10:00 / 10:00-10:30 / 10:30</i>			

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 & Amy
3:00 -4:00 PM	ZUMBA	LS	Monica
<i>4:00 PM Spiritual SPIN will return in November</i>			