

LIVE GROUP FITNESS CLASSES: FALL 2023

MON	TUE	WED	THU	FRI	SAT
	6:00-7:00AM BODYPUMP (TERRIA)		6:00-7:00AM BODYPUMP (TERRIA)		10:15-11:15AM YOGA (BERNIE)
	8:30-9:15AM ZUMBA (HEATHER)		8:30-9:15AM ZUMBA (HEATHER)		
9:30-10:30AM SILVER SNEAKERS (DENISE)	12:00-1:00PM YOGA (PAUL)	9:30-10:30AM SILVER SNEAKERS (DENISE)		9:30-10:30AM BODY BALANCE (STEPHANIE)	
					SUN
					3:00-4:00PM BODY BALANCE (STEPHANIE)
4:15-4:45PM CORE (DENISE)					
5:00-6:00PM BODYPUMP (DENISE)	5:00-5:50PM BODY BALANCE (STEPHANIE)	5:00-6:00PM BODYPUMP (DENISE)	5:00-6:00PM YOGA (BERNIE)		

ICC Fitness Center

1 College Drive
East Peoria, IL 61635
(309) 694-5419

MON-FRI: 5:30AM-8:00PM

SAT: 8:00AM-12:00PM

SUN: 12:00PM-4:00PM



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