

GROUP FITNESS SCHEDULE

FEBRUARY



Monday

9:30–10:30 AM Silver Sneakers (Denise)
4:15–4:45 PM Core (Denise)
5:00–6:00 PM BodyPump (Denise)

Tuesday

8:30–9:30 AM Zumba (Heather)
12:00–1:00 PM Yoga (Paul)
5:00–5:45 PM BodyBalance (Stephanie S.)

Wednesday

9:30–10:30 AM Silver Sneakers (Denise)
5:00–6:00 PM BodyPump (Denise)

Thursday

8:30–9:30 AM Zumba (Heather)
5:00–6:00 PM Yoga (Bernie)

Friday

10:30–11:25 AM Silver Sneakers (Stephanie W.)
11:30–12:20PM BodyBalance (Stephanie S.)

Saturday

8:15–9:15 AM BodyPump (Stephanie W.)
9:30–10:00 AM Core (Stephanie W.)
10:15–11:00 AM Silver Sneakers Tai Chi (Stephanie W.)

Sunday

3:00–3:50 PM BodyBalance (Darcie/OnDemand)*

** Check Facebook the night before class to know if it's Live or OnDemand*

ICC Fitness Center

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

Mon–Fri: 5:30AM–8:00PM
Sat: 8:00AM–12:00PM
Sun: 12:00PM–4:00PM



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SCAN
ME!

