

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
5:30-6:15am	SPINNING - TRISH		SPINNING - DAWN		SPINNING - Amy & Trish	
5:30-6:15 am	POWERFLEX - Dawn					
5:45-6:30 am		Amy Paul	STRENGTH with AMY B.	Amy Bjornstad	CORE STRENGTH -Jenni	3225 N. DRIES LANE PEORIA, IL ~ 61604 www.landmarkrec.com 309-685-8200 309-685-9546
8:00-8:45 am	☀ Morning Excursion- Carol	⇒BOOTCAMP / Bomarito	☀ Morning Excursion- Carol	⇒BOOTCAMP / Bomarito	☀ Morning Excursion- Carol	
9:00-10:00 am	YOGA Level 3 - Diana		YOGA Level 3 - Beth		& Resistance - Laura	
9:00-10:40 am	SPINNING FUSION -Lynne		SPINNING FUSION -Lynne		SPINNING FUSION -Jamie	
9:00-10:30 AM						Your first class is always FREE – talk to the instructor or call Kristi See membership about The low cost of Adding ALL classes To your membership!
9:15-10:15 am		& Abs Kristi ⇒		⇒ Toning /Kristi	- PATTY	
9:15-10:30am		KETTLEBELL KICK - Laura		SPRING TRAINING - Laura		
10:30-11:00 am		Guided Relaxation -Beth		YOGA Level 2-Kristi☀		Small Group Personal Training classes are also available at affordable Personal T. rates! call Kristi (685-9546) for more info! Cardio Kickbox With Amy Bomarito & S.O.C.A. School of Chinese Arts Self Defense with Ed Parker
11:00-11:45 am	SPINNING -Jamie		SPINNING -Kristi		SPINNING - Traci	
10:45-11:50am	Gold ☀ - Diana	☀ Tai Chi -Vickie	☀ YOGA Level 2 - Beth	☀ Beginning Tai Chi - Vickie	☀ Gentle Yoga -Beth	
12:00-12:50 pm	POWERFLEX - Stacy		KETTLEBELL CORE -Kristi	Gold ☀ - Diana	FULL BODY BLITZ - Traci	
12:15-1:00 pm		SPINNING - Kristi		SPINNING - Stacy		
1:00-1:30 pm	☀ PILATES -Stacy		☀ PILATES - Kristi		☀ YOGILATES - Cheryl	
3:30-4:15 pm			CORE STRENGTH -Denise		(Yogilates ends at 1:45 PM)	
4:30-5:10 pm		😊 ZUMBATOMIC KIDS		😊YOGA & Tumble KIDS - Jenny	Happy Hour YOGA Now EVERY Friday! 5:30-6:45 PM Kandy, Cheryl and Beth	
4:30-5:25 pm	☀ Low Impact - Diane	FULL BODY BLITZ Amy Bjornstad	☀ Low Impact - Diane	FULL BODY BLITZ Amy & Erin		
4:30-6:00 pm			SPINNING FUSION - Jamie			
5:30-6:15 pm	SPINNING - Dawn	SPINNING - Amy	SPINNING - Ron	SPINNING - ABBIE		
5:30-6:25 pm	Amy Bjornstad	- Lynne	- JERRI	- Lynne	Friday Happy Hour SPIN April 20 & May 18 5:30-6:15 SPIN class Followed by Happy Hour at the Bullpen! (Great food and drink specials!) Can't make class? Join us around 6:30 for fun & friendship!	
6:30-7:00 pm	Toning- Monica & Di	STEP & Sculpt - Stacy				
6:30-7:15 pm	SPINNING - Ron	☀ Pilates -Katie	SPINNING - Jerri (6:35)			
6:30-7:25 pm			Monica & Diana	PATTY		
7:00-7:45 pm	POWERFLEX - Monica	POWERFLEX PLUS - Stacy		YOGA Level 2-Kathy☀		
SATURDAY	classes	SUNDAY	classes			HIGHLIGHTED classes FREE for members!
7:45-8:45 AM	SPINNING - Inst. Rotation	10:00-10:50 AM	SPINNING - Inst. Rotation	SEE OTHER SIDE FOR POOL CLASS SCHEDULE!	Please arrive 10 min early to first SPIN or Kettlebell class ☀Gentle Low Impact Class 😊 Youth Class ⇒ Located in the Gym or small studio	
9:00-9:55 AM	Classes alternate each week	11:00-11:50 AM	SPINNING - Inst. Rotation			
	Inst. Rotation	12:00-12:50 PM	POWERFLEX - Inst. Rotation			
9:00-9:45 AM	SPINNING - Inst. Rotation	1:00-1:55 PM	ERIN			
10:00-10:50 AM	POWERFLEX - Inst. Rotation	2:00-2:45 PM	GOLD ☀ - Diana			

Saturday, April 21 – Landmark goes PINK!
Class OPEN HOUSE & ZUMBATHON for the Cause!

11:00-12:00 PM



- Inst. Rotation

3:00-4:00 PM



Monica

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