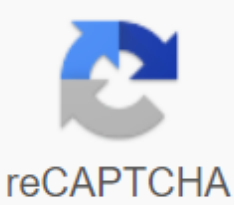




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Eastside fitness center east peoria il

Page 2 Page 3 EastSide Centre in East Peoria, Illinois is one of the premier athletic facilities and gyms in the Midwest, hosting tournaments at the national, regional, and local levels in softball, baseball, volleyball, soccer, and track. The fitness center is also home to some of the best personal trainers in the area for sports performance programs and personal training. Learn more about Eastside Centre gym memberships, operating hours and more details. At the EastSide Centre, we are a major athletic facility and fitness center that residents of East Peoria, IL can rely on. We not only offer highly personalized fitness sessions and equipment & state-of-the-art training rooms, but we also provide a variety of group classes to our members. Take a look at some of the classes we offer: EastSide Centre Classes Yoga/Pilates. Yoga classes & Our high-quality Pilates combines yoga poses and stretched Pilates to create holistic athletic courses that target the entire body. This class combines various standing poses and floor exercises in 45 minutes of fun. The Strength of the Group. Want to get a good, sweaty workout in? Group Strength is your best bet! This strength-focused class strengthens all your core muscle groups, in a fantastically motivating environment. Get ready to work for this 60-minute class - and be prepared to see almost instant results. Piloxing. Piloxing is a blend of pilates, yoga, and... Kickboxing! That's right - Piloxing is not for fainting hearts. However, it is also very effective. If you want to lose weight and tighten the tone quickly, this 45-minute class is a great choice. Zumba. Want to exercise while dancing? If so, Zumba is for you! The 60-minute class features fun rhythmic activities, high-energy Latin songs, and a party-like atmosphere. Join the festive fun at Zumba, where you'll leave lighter and with a smile on your face! CardioFit. There's a reason why we're the beloved gym of East Peoria, IL, locals - we're effective in what we do. This exercise class is the ultimate way to practice heart-healthy exercise! Contact the EastSide Centre Team Are you ready to find out why the EastSide Centre is the gym that East Peoria, IL, residents are talking about? Feel free to contact us, anytime! We're always happy to answer your questions, help schedule your first customized fitness consultation, and tell you more about our services. Call the EastSide Centre today at (309) 698-4715. We look forward to talking to you! The EastSide Centre is a complex in East Peoria. The EastSide Centre is a 100-hectare complex featuring a stadium, indoor/outdoor track, light softball, baseball and football fields, basketball and volleyball courts, a fitness centre, a recreation building/gymnasium, concessions. Organizes many state, regional, and national tournaments. National. kompleks ini adalah rumah bagi IHSA Girls Softball State Finals, IHA Boys Soccer 1A State Finals, dan IESA State Track and Field Meet. Memenuhi.