

LOCAL EXERCISE & ACTIVITY*

***Rock climbing, golfing, yoga, CrossFit, swimming ... we could go on forever.
There's more ways to be active in Greater Peoria than you might think.**

GYMS / TRAINING STUDIOS

The Clubs at River City

Peoria, IL

An all-you-can-imagine athletic club for kids and adults alike. Plus a great outdoor pool!

Core Fitness & Boxing

East Peoria, IL

Boxing, interval training and more in this incredible fitness space.

Crossfit 309

Peoria Heights, IL

Curious about crossfit? This veteran owned and operated gym welcomes all fitness levels.

Eastside Centre

East Peoria, IL

One of the Midwest's premier athletic facilities. Home to 10 baseball/softball fields, four soccer/lacrosse fields, three indoor basketball courts, an indoor track and a fitness center.

Farrell's Extreme Body Shaping

Peoria, IL

Their extreme support will push you further than you thought you could go.

Fitness America

East Peoria, IL

Neighborhood gym with big-gym perks like free day care, sport drinks, supplements, and more.

Five Points Washington

Washington, IL

Classes, personal training, swimming, an indoor track and more at this multi-use facility.

Greater Peoria Family YMCA

Peoria, IL

Needs no introduction. Great gym for the whole family.

GYM

Washington, IL

Prides itself on providing a friendly, motivating experience for all.

ICC CougarPlex

East Peoria, IL

Illinois Central College's state-of-the-art center is open to the public.

Riverplex

Peoria, IL

Get a workout, shoot hoops, climb a rock wall, or go for a massage and hot tub soak (with a river view).

Sculpt Mode Fitness

Peoria, IL

Functional bootcamp and mobility classes rule this no-nonsense gym.

Styles Studios Fitness

Peoria, IL

This four-in-one club includes cycling, strength training, hot yoga and more.

GOLF

Coyote Creek Golf Club

Bartonville, IL

A picturesque 18-hole, par 72, championship course.

Metamora Fields

Metamora, IL

This beautiful "exclusively public" layout is a great blend of holes for all skill levels.

Peoria Park District Golf & Learning Center

Peoria, IL

Peoria's year-round practice facility — including a 9-hole USGA-approved Skills Course.

Quail Meadows Golf Course

Washington, IL

Greater Peoria area's only full-year golf course facility.

Weaver Ridge Golf Course

Peoria, IL

Golf Digest rated this gem 4.5 stars. But you really must see it for yourself.

YOGA / PILATES

Jacaranda Yoga • Barre • Pilates

Peoria, IL

Filling hearts with compassion, bodies with confidence and minds with strength.

Soulside Healing Arts

Peoria, IL

A yoga studio with a social mission. Pay-what-you-can classes are offered daily at Soulside's nonprofit studio in downtown Peoria.

Studio C

Peoria, IL

A movement studio that offers its members unlimited classes. Attend music pumpin' workouts, calming yoga sessions and everything in-between.

The Yoga Projekt

Peoria, IL

Tons of offerings, including pilates reformer classes to help you on your health journey.