



# LA GRANGE FITNESS

## LA GRANGE FITNESS GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycle 5:30AM-6:15AM Mandy Gymnasium	Full Body Strength* 5:30AM-6:15AM Mandy RM 111	Indoor Cycle* 5:45AM-6:30AM Mindy/Michelle Gymnasium	Full Body Strength* 5:45AM-6:30AM Halle RM 111	Cardio Sculpt 6:00AM-6:45AM Michelle RM 111	Indoor Cycle* 7:00AM-7:45AM Mindy/Mandy Gymnasium	Zumba 8:30AM-9:15AM Maria RM 111
Indoor Cycle 8:00AM-8:45AM Freya Gymnasium	Cardio Sculpt 8:30AM-9:15AM Halle RM 111	Indoor Cycle 8:00AM-8:45AM Julie Gymnasium	Pilates 7:30AM-8:15AM Anna RM 111	Indoor Cycle 8:30AM-9:15AM Freya Gymnasium	Boot Camp 8:30AM-9:15AM Bella RM 111	Down To Core 9:30AM-10:15AM Michelle RM 111
Full Body Strength 9:15AM-10:00AM Freya RM 109	Muscles & Motion 11:15AM-12:00PM Julie RM 111	Yoga 9:30AM-10:15AM Theresa RM 111	Strength & Conditioning* 9:45AM-10:30AM Julie RM 111		Yoga 11:30AM-12:15PM Marianne RM 111	
Full Body Strength 5:30PM-6:15PM Michelle RM 111	Strength & Conditioning* 5:30PM-6:15PM Michelle/Mindy RM 111	Sculpt & Abs 6:00PM-6:45PM Cinthia RM 109	Muscles & Motion 10:45AM-11:30AM Julie RM 111			
	Zumba 6:30PM-7:15PM Maria RM 111		Yoga 6:30PM-7:15PM Anne/Barb/Marie RM 109			

Fitness Class Key
Strength
Cycle
Yoga
Pilates
Cardio
Combo
Zumba

**Sign up for classes is available onsite at La Grange Fitness 30 minutes prior to class. First come, first serve.**

**LA GRANGE FITNESS HOURS**  
 MONDAY-THURSDAY 5AM-8PM  
 FRIDAY 5AM-5PM  
 SATURDAY 6AM-3PM  
 SUNDAY 7AM-1PM

Masks are required at all times, including while engaged in exercise



Updated 9/4/2021

\*Represents Change

Class format subject to change without notice

*Classes must meet a minium of 4 participants over 4 weeks to remain on the schedule*

## Class Descriptions

**Boot Camp:** Achieve your fitness goals with this military inspired workout! Body weight exercises, calisthenics and a variety of training drills develop strength, stamina and agility. Each class is unique to keep you challenged. All fitness levels welcome, modifications are provided for all to enjoy this class!

**Cardio Sculpt:** Join this high energy class where you will use weights to tone and define every muscle group, interspersed with cardio bursts to fire up your metabolism for the ultimate burn. This class is suitable for all levels as high impact moves can be modified as well as weight selection. Finish with some core to give yourself a total body hit for the day!

**Down to the Core:** In this class we will be focusing on targeting the four major muscle groups that make up your "core". Functionally, you use your core for everything! Targeting the hamstrings, back, hip flexors, and abdominals will help prevent back injury and make day-to-day activities much easier. Level suggestion: beginner, intermediate or advanced welcome

**Full Body Strength:** Work your muscles in every possible way in this total- body muscle strength and endurance class! This all-levels strength workout will challenge and condition all your major muscles using a variety of equipment, including free weights, exercise bands and much more! Suitable for all fitness levels and no experience is necessary.

**Indoor Cycle:** Indoor Cycle is a fun, exhilarating cardio workout designed to improve overall fitness with a focus on endurance, strength, interval and all-terrain training. Enjoy the many benefits of indoor cycling while having a blast in a lively atmosphere set to great, motivating music. This class is suitable for all fitness levels and no experience is necessary.

**Muscles & Motion:** This class consists of a combination of cardio and strength work that caters to the active older adult. The benefits of this class not only include cardio health and muscle strength, but also focus on improving balance, core, posture and flexibility. Open to all levels.

**Pilates:** Class flows through a series of basic to more advanced Pilates exercises to create long, lean muscle tone, correct alignment, improve posture, and to cultivate the perfect balance between strength and flexibility. Build strength from the inside out with Pilates! All levels welcome.

**Sculpt & Abs:** This class consists of body weight exercises that will target overall strength, cardio, balance, endurance, flexibly and core conditioning. This class will raise your heart rate for the first portion while toning and strengthening your muscles. This class will help you to shed body fat while building strength and endurance. All levels welcome.

**Strength & Conditioning:** Enjoy a complete workout when you join us for this perfect blend of strength training and conditioning. Class will include a full body strength workout using a variety of equipment along with cardio intervals, core work and stretching. Suitable for all fitness levels and no experience is necessary.

**Yoga:** Move mindfully while building flexibility, strength and balance. Discover for yourself the many benefits of combining breath work with classic yoga poses in a calming environment. All levels welcome.

**Zumba™:** Join the Zumba party and dance to a variety of Latin and world rhythms. This cardio workout will get your heart pumping and body moving in no time! You'll have so much fun; you won't even realize its exercise! Find out what the Zumba craze is all about! All fitness levels are welcome and no prior dance experience is necessary.