



# 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 8:45AM-9:30AM Julie RM 111	Indoor Cycle 8:30AM-9:15AM Freya Gymnasium	Butts & Guts Express 8:00AM-8:30AM Mindy/Mandy RM 108	Down To Core 9:30AM-10:15AM Michelle RM 111
Full Body Strength 9:15AM-10:00AM Freya RM 108	Pilates Express 10:40AM-11:10AM Julie RM White Sox	Strength Core & Balance* 8:50AM-9:35AM Freya RM 111	Strength & Conditioning 9:45AM-10:30AM Julie RM 110	Yoga 9:30AM-10:15AM Freya RM 113	Boot Camp 8:30AM-9:15AM Bella RM 111	<b>Fitness Class Key</b> Strength Cycle Yoga Pilates Cardio Combo Zumba
Full Body Strength 5:30PM-6:15PM Michelle RM 111	Muscles & Motion 11:15AM-12:00PM Julie RM 111	Yoga* 9:50AM-10:35AM Theresa RM 111	Muscles & Motion 10:45AM-11:30AM Julie RM 111		Yoga* 11:30AM-12:15PM Marianne RM 111	
Tabata™ 6:30PM-7:15PM Bella RM 111	Strength & Conditioning 5:30PM-6:15PM Michelle/Mindy RM 111	Sculpt & Abs 6:00PM-6:45PM Cinthia RM 108	Yoga 6:30PM-7:15PM Anne/Barb/Marie RM 108	<b>Sign up for classes is available onsite at La Grange Fitness 30 minutes prior to class. First come, first serve.</b>		
	Zumba 6:30PM-7:15PM Maria RM 111					



### GROUP FITNESS CLASSES

**LA GRANGE FITNESS HOURS**  
 MONDAY-THURSDAY 5AM-9PM  
 FRIDAY 5AM-7PM  
 SATURDAY 6AM-3PM  
 SUNDAY 7AM-1PM

Updated 9/29/2022

\*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*