



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 110/111	Indoor Cycle* 5:45AM-6:30AM Gena Gymnasium	Full Body Strength 5:45AM-6:30AM Halle RM 110/111	Cardio Sculpt 6:00AM-6:45AM Michelle RM 110/111	Indoor Cycle 7:00AM-7:45AM Mindy/Mandy Gymnasium	Zumba 8:30AM-9:15AM Maria RM 110/111
Indoor Cycle 8:00AM-8:45AM Freya Gymnasium	Cardio Sculpt 8:30AM-9:15AM Halle RM 110/111	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 Mandy/ Janny RM 108/109	Down To Core 9:30AM-10:15AM Michelle RM 110/111
Full Body Strength 9:15AM-10:00AM Freya RM 110/111	Pilates Express 10:40AM-11:10AM Julie RM White Sox	Strength Core & Balance 8:50AM-9:35AM Freya RM 110/111	Strength & Conditioning 9:45AM-10:30AM Julie RM 110/111	Yoga 9:30AM-10:15AM Freya RM 113	Boot Camp 8:30AM-9:15AM Bella RM 110/111	
Full Body Strength 5:30PM-6:15PM Michelle RM 110/111	Muscles & Motion 11:15AM-12:00PM Julie RM 110/111	Yoga 9:50AM-10:35AM Theresa RM 110/111	Muscles & Motion 10:45AM-11:30AM Julie RM 110/111		Yoga 11:30AM-12:15PM Marianne RM 110/111	
Boot Camp 6:30PM-7:15PM Bella RM 110/111	Strength & Conditioning 5:30PM-6:15PM Michelle RM 111	Sculpt & Abs 6:00PM-6:45PM Cinthia RM 108/109	Yoga 6:30PM-7:15PM Marie/Barb RM 108/109			
	Zumba 6:30PM-7:15PM Maria RM 111					

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.

IMPORTANT: Classes are first come first serve. All members are required to sign-up before participating. **Classes may not exceed their max capacity.**



GROUP FITNESS CLASSES

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

Updated 3/22/2023

*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