



LA GRANGE FITNESS CLASS SCHEDULE

MON

TUES

WED

THU

FRI

SAT

SUN

Indoor Cycle & Core
5:45–6:35 AM
Mandy
Room 114 | Max 17

Indoor Cycle Core & Stretch
8:00–9:00 AM
Freya
Rooms 113/114 | Max 17

Full Body Strength
9:15–10:15 AM
Freya
Rooms 110/111 | Max 35

Yoga*
10:30–11:30 AM
Marianne
Rooms 110/111 | Max 35
Zoom Code: 323520-01

Full Body Strength
5:30–6:20 PM
Michelle
Rooms 110/111 | Max 35

Full Body Strength
5:45–6:35 AM
Mandy
Rooms 110/111 | Max 30

Cardio Sculpt
8:30–9:30 AM
Halle
Rooms 110/111 | Max 32

Gentle Yoga
9:50–10:40 AM
Marianne
Rooms 110/111 | Max 35

Muscles & Motion
11:00 AM–12:00 PM
Freya/Laura
Rooms 110/111 | Max 35

Strength & Conditioning
5:30–6:20 PM,
Sandy, Rooms 110/111, Max 30

Yoga*
6:30–7:30 PM
Freya
RM Banquet
Max | 35
Zoom Code: 323520-03

Move & Groove
6:35–7:35 PM
Maria
Rooms 110/111 | Max 35

Indoor Cycle
8:00–8:50 AM
Julie
Room 114 | Max 17

Strength Core & Balance
8:50–9:50 AM
Freya
Rooms 110/111 | Max 35

Zumba Gold
9:30–10:20 AM
Marianne
Rooms 108/109 | Max 30

Yoga
10:00–11:00 AM
Theresa
Rooms 110/111 | Max 35

Chair Yoga
11:15 AM–12:15 PM
Theresa
Rooms 110/111 | Max 25

Bare Strength
6:00–7:00 PM
Laura
Rooms 110/111 | Max 30

Full Body Strength
5:45–6:35 AM
Halle/Janny
Rooms 110/111 | Max 32

Pilates
8:45–9:35 AM
Julie
Rooms 110/111 | Max 35

Strength & Conditioning
9:45–10:35 AM
Julie
Rooms 110/111 | Max 35

Muscles & Motion
10:45–11:45 AM
Julie
Rooms 110/111 | Max 35

Yoga
6:30–7:30 PM
Marie
Rooms 110/111 | Max 35

Cardio Sculpt
6:00–6:50 AM
Michelle
Rooms 110/111 | Max 35

Indoor Cycle & Stretch
8:30–9:20 AM
Freya
Rooms 113/114 | Max 17

Yoga
9:30–10:30 AM
Freya
Rooms 110/111 | Max 35

Gentle Yoga*
10:00–10:50 AM
Marianne
Banquet Room | Max 35
Zoom Code: 323506-03

Butts, Guts & Back
7:40–8:30 AM
Mandy/Janny
Rooms 110/111 | Max 35

Boot Camp
8:40–9:30 AM
Laura
Rooms 110/111 | Max 35

Yoga*
9:40–10:40 AM
Freya
Rooms 110/111 | Max 35
Zoom Code: 323520-11

Yoga
11:30 AM–12:30 PM
Marianne
Rooms 110/111 | Max 35

Zumba & Core
8:30–9:30 AM
Maria
Rooms 110/111 | Max 25

Down to Core
9:40–10:30 AM
Michelle
Rooms 110/111 | Max 35

Yoga
10:45–11:45 AM
Marie
Rooms 110/111 | Max 35

Strength

Cycle

Yoga

Pilates

Combo

Cardio

Group fitness classes will move to a first-come, first-served basis. Passes will be available at the Fitness Desk 30 minutes before class. Classes remain free for La Grange Fitness members, with a drop-in fee for non-members.

Effective Oct 19, 2026

*Hybrid classes are offered in person and virtually.

To receive your Zoom link and attend virtually, please use the registration code provided.