



# LA GRANGE FITNESS

## FALL GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycle 5:30-6:15AM Mandy RM 114	Full Body Strength 8:30-9:25AM Anne A RM 113	Indoor Cycle 5:45-6:30AM Mindy RM 114	Gentle Yoga 7:30-8:30AM Sue J RM 113	Cardio Sculpt 5:45-6:30AM Michelle RM 113	Boot Camp 8:00-9:00AM Bella RM 113	Zumba Toning-Abs 8:30-9:30AM Maria RM 113
Gentle Yoga 8:00-9:00AM Sue J RM 113	Kickboxing 9:00-10AM Kimberly RM 114	Indoor Cycle 8:30-9:15AM Julie RM 114	Tabata/Strength 8:45-9:45AM Nicole RM 114	Indoor Cycle 8:15-9:00AM Freya RM 114	Butts & Guts 8:30-9:00AM Nicole RM 114	Pilates 9:35-10:20AM Julie Room 113
Indoor Cycle 8:45-9:30AM Freya RM 114	Cardio Ball 9:30-10:15AM Julie RM 113	Boot Camp 8:45-9:40AM Janny RM 113	Kickboxing 9:00-10:00AM Kimberly RM 113	HIIT 8:45-9:45AM Janny RM 113	Down to Core 9:05-9:35AM Nicole RM 114	
Circuit 9:15-10:00AM Laura RM 113	Pilates 10:20-11:20AM Linda W RM 113	Yoga 9:50-10:50AM Theresa RM 113	Down To Core 10:00-10:30AM Nicole RM 114	Zumba 10:00-11:00AM Maria RM 113	Cycle Express 9:50-10:20AM Nicole RM 114	
Full Body Strength 9:45-10:45AM Freya RM 114	Yoga 4:30-5:30PM Kelly RM 113	Core Conditioning 9:50-10:35AM Janny RM 114	Prana Barre 10:15-11:15AM Linda G RM 113	Core Strength 10:00-10:45AM Janny RM 114	Yoga 10:00-11:00AM Courtney RM 113	
Barre Above 10:15-11:15AM Laura RM 113	Indoor Cycle 6:00-6:45PM Cathy K RM 114	Zumba 6:00-6:55PM Cinthia RM 113	Indoor Cycle 6:00-6:45PM Cathy K RM 114			
Pilates 5:00-5:45PM Julie RM 113	Tabata 7:15-8:15PM Bella RM 113	Yoga 6:30-7:30PM Sue J RM 114	Yoga 6:15-7:15PM Anne U RM 113			
Full Body Strength 6:00-7:00PM Julie RM 114		Quick Fix 7:00-7:30PM Cinthia RM 113	Zumba Toning-Abs 7:30-8:30PM Maria RM 113			
Yoga 6:30-7:30PM Joan RM 113						

Strength
Cycle
Yoga
Pilates
Cardio
Combo
Zumba

**LA GRANGE FITNESS  
HOURS**  
**MON-FRI 5AM-10PM**  
**SAT 6AM-8PM**  
**SUN 7AM-6PM**

**Barre Above™**: Barre Above is a totally unique approach to Barre workouts. Fusing the best of Pilates, yoga, aerobics and elements of the strengthening exercises that dancers do, Barre Above delivers a result- driven workout that is fun and dynamic! You'll sculpt your body using light weights and your own body weight to get into amazing shape! Designed for a wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts will always feel challenged! All fitness levels welcome.

**Boot Camp**: Achieve your fitness goals with this military inspired circuit 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!

**Butts & Guts**: High intensity class focused on targeting core muscles, lower body and cardio blast intervals. Level: intermediate, advanced levels welcome.

**Cardio Ball**: This lively balanced and effective workout includes low-impact exercises with high intensity results! 45 minutes of fun utilizing the resist-a-ball and weights to maximize your cardiovascular fitness, strength and range of motion. All fitness levels welcome.

**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!

**Circuit**: The circuit class combines strength training and aerobic conditioning in one full-body workout. You will improve your muscle strength as well as cardiovascular endurance while torching hundreds of calories! We will use various types of equipment and change it up weekly to trick your body just a little. We love this format and so will you! All fitness levels welcome.

**Core Conditioning**: You'll get everything you need in this workout when you join us for this fantastic blend of cardio and strength training. Class will consist of a full body muscle workout along with cardio intervals and will finish with core work and stretching. Recommended for intermediate to advanced levels participants.

**Core Strength**: This class is for anyone who wants to develop their core strength and conditioning. This combination of low-impact exercises with a focus on all of your core muscles will achieve maximum results! Recommended for intermediate to advanced fitness levels.

**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 for 30 minutes (did we say it was going to be 30?) 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, exercise balls (large and small) and much more! Suitable for all fitness levels and no experience is necessary.

**Gentle Yoga**: This class is ideal for people of all sizes, ages and fitness levels. Gain added flexibility, strength and calmness. And, do it with the enjoyment that comes with doing things slowly! All levels welcome.

**High Intensity Interval Training/HIIT Class** is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind! Recommended for intermediate to advanced fitness levels.

*Schedule subject to change without notice. Updated 11-2-17*

**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.

**Indoor Cycle Express:** Same class as Indoor Cycle in a 30-minute express format! This class is suitable for all fitness levels and no experience is necessary.

**Kickboxing:** Kickboxing is a total body workout that combines martial arts with aerobic exercise. Using focused punches and kicks as well as strengthening and toning movement combinations, you will get a complete workout that also helps to promote balance, flexibility and coordination. All fitness levels welcome, modifications are provided for all to enjoy this class!

**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.

**Prana Barre:** Enjoy this flowing, Barre-free fusion of yoga poses and traditional Barre exercises with vinyasas connecting the Barre sequences. No experience necessary, open to all levels.

**Quick Fix:** Get the best from cardio, strength and mat work within 30 minutes! Get in and get out! Recommended for Intermediate to Advanced fitness levels.

**Tabata™** is the most intense HIIT training there is! Each workout is only 4 minutes with work/rest intervals built in (20 seconds of extreme cardio with 10 seconds of rest for 8x straight). You will train both cardio and strength without any wasted time! If you want to become highly conditioned and burn calories, Tabata™ is for you! All fitness levels welcome, modifications are provided for all to enjoy this class!

**Tabata™ Strength:** This new and different approach to the training style "Tabata" will force you to slow things down and focus on the muscle contractions. We will be focusing on overloading one muscle group at a time using resistance such as free weights, bands or your own body weight. All Levels class: beginner, intermediate or advanced fitness levels welcome.

**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 it's exercise! Find out what the Zumba craze is all about! All fitness levels are welcome and no prior dance experience is necessary.

**Zumba™ Toning & Abs:** Zumba Toning combines targeted body-sculpting exercise and high energy cardio work with Latin-infused Zumba moves to create a calorie torching, strength-training dance fitness-party! The maraca-like Toning Sticks (or 2-3lbs regular dumbbells) are used to enhance rhythm and tone all target zones, including arms, abs, glutes and thighs. Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! All fitness levels are welcome and no prior dance experience is necessary.