

# LA GRANGE FITNESS OPERATION HOURS

Monday-Thursday 5am-8pm  
Friday 5am - 5pm  
Saturday 6am - 3pm  
Sunday 7am-12pm



# LA GRANGE FITNESS

## Soft Rollout of Group Fitness Group Fitness Class Schedule begins week of July 13, 2020

### GROUP FITNESS CLASSES

### WELCOME BACK TO GROUP FITNESS CLASSES!

Classes sizes will  
be limited to follow  
social distancing  
guidelines



Masks must be worn in all  
common areas and social  
distancing of 6 feet or more  
for all classes. Masks do  
not need to be worn  
while exercising.



### Monday

6:00pm-6:45pm Indoor Cycle w/ Michelle Gymnasium

### Tuesday

8:30am-9:30am Cardio Sculpt w/ Halle Room 111

### Wednesday

9:30am -10:30am Yoga w/ Theresa Room 111

### Thursday

10:45am-11:45am Muscles & Motion w/ Julie Room 111

### Friday

8:30am-9:15am Indoor Cycle w/ Freya Gymnasium

### Saturday

11:30am-12:30pm Yoga w/ Marianne Room 111

### Sunday

9:30am-10:30am Down to Core Kim Room 111

**Sign up for classes will be  
available at La Grange Fitness  
30 minutes prior to each class  
start time.**

Fitness Classes are for

La Grange Fitness Members Only.

Please email any questions to Jenny Bechtold at  
[jennybechtold@pdlg.org](mailto:jennybechtold@pdlg.org)

*Classes & location of classes are subject to change without notice.*

*Updated 6/29/2020*