



## LA GRANGE FITNESS GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycle 5:30-6:15AM Mandy RM 114	Full Body Strength 5:45-6:30AM Jill RM 113	Indoor Cycle 5:30-6:15AM Mindy RM 114	Gentle Yoga 8:00-9:00AM Sue J RM 113	Cardio Sculpt 5:45-6:30AM Michelle RM 111	Boot Camp 8:30-9:30AM Colleen RM 113	Zumba Toning Abs 8:30-9:30AM Maria RM 111
Gentle Yoga 8:00-9:00AM Sue J RM 113	Full Body Strength 8:30-9:25AM Anne A RM 113	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 110	Pilates 9:35-10:20AM Julie RM 111
Indoor Cycle 8:45-9:30AM Freya RM 114	Kickboxing 9:00-10:00AM Kimberly RM 114	Boot Camp 8:45-9:40AM Janny RM 113	Kickboxing 9:00-10:00AM Kimberly RM 113	HIIT 8:45-9:45AM Janny RM 111	Down to Core 9:05-9:35AM Nicole RM 110	
Circuit & Core 9:15-10:15AM Laura RM 111	Cardio Sculpt 9:30-10:15AM Dena RM 113	Yoga 9:50-10:50AM Theresa RM 113	Down to Core 10:00-10:30AM Nicole RM 114	Graceful Strength 9:30-10:15AM Linda G RM 114	Cycle Express 9:50-10:20AM Nicole RM 114	
Full Body Strength 9:45-10:45AM Freya RM 113	Pilates 10:20-11:20AM Linda W RM 113	Zumba 6:00-6:55PM Cinthia RM 113	Muscles & Motion 10:45-11:45AM Rita RM 111	Zumba 10:00-11:00AM Maria RM 113	Yoga 9:40-10:40AM Theresa RM 113	
Pilates 5:00-5:45PM Julie RM 113	Muscles & Motion 11:00AM-12PM Rita RM 111	Yoga 6:30-7:30PM Kimberly RM 114	Indoor Cycle 6:00-6:45PM Cathy K RM 114		Yoga 11:30-12:30PM Marianne RM 110	
Power Cardio 6:00-7:00PM Laura RM 114	Indoor Cycle 6:00-6:45PM Cathy K RM 114	Sculpt & Abs 7:00-7:45PM Cinthia RM 113	Yoga 6:15-7:15PM Anne U RM 113			
Full Body Strength 6:00-7:00PM Julie RM 113	Pilates 6:15-7:10PM Jill RM 113		Zumba Toning Abs 7:30-8:30PM Maria RM 111			
Yoga 7:15-8:15PM Joan RM 113	Tabata 7:15-8:15PM Jill RM 113					

Fitness Class Key
Strength
Cycle
Yoga
Pilates
Cardio
Combo
Zumba

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



**LA GRANGE  
FITNESS**

*Updated: 2/26/2018*

### Class Descriptions

**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 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 & Core:** this class combines strength training and aerobic conditioning in one full-body workout. Improve your muscle strength and cardiovascular endurance while torching hundreds of calories! We will use various types of equipment to change it up weekly! The class finishes up with core work and stretching. All fitness levels welcome.

**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.

**Graceful Strength & More:** in this fun class you will work on increasing your strength, improving your balance, flexibility, agility, range of motion and coordination. We will use a variety of equipment including stability balls, weights, tubing and small balls to help reach your goals. Suitable for all fitness levels.

**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.

**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.

**Muscles & Motion:** this class consists of a combination of cardio and strength work that caters to the active older adult. The benefits of this class not only include cardio health and muscle strength, but also focus on improving balance, core, posture and flexibility. Open to all levels.

**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.

**Power Cardio:** a class that improves cardiovascular fitness, agility and strength, and maximizes calorie burn. In this workout we will utilize a variety of body weight exercises and weights to provide the challenge and intensity you need for fast results. The format will vary from intervals, HIIT, strength or a combination. All fitness levels welcome.

**Sculpt & Abs:** This class consists of body weight exercises that will target overall strength, cardio, balance, endurance, flexibility and core conditioning. This class will raise your heart rate for the first portion while toning and strengthening your muscles. This class will help you to shed body fat while building strength and endurance. All levels welcome.

**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.