

La Grange Fitness Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indoor Cycle & Core 5:45-6:35AM Mandy RM 114 Max: 17	Full Body Strength 5:45-6:35AM Mandy RM 110/111 Max: 30	Indoor Cycle 5:45-6:35AM Gena RM 114 Max: 17	Full Body Strength 5:45-6:35AM Halle RM 110/111 Max: 32	Cardio Sculpt 6:00-6:50AM Michelle RM 110/111 Max: 35	Butts, Guts & Back 7:40-8:30AM Mandy/Janny RM 110/111 Max: 35	Zumba + Core 8:30-9:30AM Maria RM 110/111 Max: 25
Indoor Cycle + Core & Stretch 8:00-8:50AM Freya RM 113/114 Max: 17	Cardio Sculpt 8:30-9:30AM Halle RM 110/111 Max: 32	Indoor Cycle 8:00-8:50AM Julie RM 114 Max: 17	Pilates 8:45-9:35AM Julie RM 110/111 Max: 35	AOA Fitness 7:00-7:50AM Nancy RM 110/111 Max: 30	Boot Camp 8:40-9:30AM Laura RM 110/111 Max: 35	Down To Core 9:40-10:30AM Michelle RM 110/111 Max: 35
Full Body Strength 9:15-10:15AM Freya RM 110/111 Max: 35	Gentle Yoga 9:50-10:40AM Marianne RM 110/111 Max: 35	Strength Core & Balance 8:50-9:50AM Freya RM 110/111 Max: 35	Strength & Conditioning 9:45-10:35AM Julie RM 110/111 Max: 35	Indoor Cycle & Stretch 8:30-9:20AM Freya RM 113/114 Max: 17	Yoga* 9:40-10:40AM Freya RM 110/111 Max: 35 (Unlimited: Zoom) Zoom Activity Code: 323520-11	Yoga 10:45-11:45AM Marie RM 110/111 Max: 35
Yoga* 10:30-11:30AM Marianne RM 110/111 Max: 35 (Unlimited Zoom) Zoom Activity Code 323520-01	Muscles & Motion 11:00AM-12:00PM Freya/Laura RM 110/111 Max: 35	Zumba Gold 9:30-10:20AM Marianne RM 108/109 Max: 30	Muscles & Motion 10:45-11:45AM Julie RM 110/111 Max: 35	Yoga 9:30-10:30AM Freya RM 110/111 Max: 35	Yoga 11:30AM-12:30PM Marianne RM 110/111 Max: 35	
Full Body Strength 5:30-6:20PM Michelle RM 110/111 Max: 35	Strength & Conditioning 5:30-6:20PM Sandy RM 110/111 Max: 30	Yoga 10:00-11:00AM Theresa RM 110/111 Max: 35	Yoga 6:30-7:30PM Marie RM 110/111 Max: 35	Gentle Yoga* 10:00-10:50AM Marianne RM Banquet Max: 35 (Unlimited: Zoom) Zoom Activity Code: 323506-03		
	Yoga* 6:30-7:30PM Freya RM Banquet Max: 35 (Unlimited: Zoom) Zoom Activity Code: 323520-03	Chair Yoga 11:15AM-12:15PM Theresa RM 110/111 Max: 25				
		Barre Strength 6:00-7:00PM Laura RM 110/111 Max: 30				

Fitness Class Key

Strength
Cycle
Yoga
Pilates
Combo
Cardio

**Effective:
October 20, 2025**

*Hybrid classes are offered in-person and virtually. To receive Zoom link and attend virtually, please use registration code provided.

Note that classes are subject to change.

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.