

# La Grange Fitness Class Schedule

**LA GRANGE  
FITNESS**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Indoor Cycle &amp; Core</b> 5:45-6:35AM Mandy RM 114 Max: 17	<b>Full Body Strength</b> 5:45-6:35AM Mandy RM 110/111 Max: 30	<div style="border: 2px solid black; border-radius: 15px; padding: 5px; text-align: center;">                         Class                          Coming                          Soon!                     </div>	<b>Full Body Strength</b> 5:45-6:35AM Halle/Janny RM 110/111 Max: 32	<b>Cardio Sculpt</b> 6:00-6:50AM Michelle RM 110/111 Max: 35	<b>Butts, Guts &amp; Back</b> 7:40-8:30AM Mandy/Janny RM 110/111 Max: 35	<b>Zumba + Core</b> 8:30-9:30AM Maria RM 110/111 Max: 25
<b>Indoor Cycle + Core &amp; Stretch</b> 8:00-9:00AM Freya RM 113/114 Max: 17	<b>Cardio Sculpt</b> 8:30-9:30AM Halle RM 110/111 Max: 32	<b>IndoorCycle</b> 8:00-8:50AM Julie RM 114 Max: 17	<b>Pilates</b> 8:45-9:35AM Julie RM 110/111 Max: 35	<b>AOA Fitness</b> 7:00-7:50AM Nancy RM 110/111 Max: 30	<b>Boot Camp</b> 8:40-9:30AM Laura RM 110/111 Max: 35	<b>Down To Core</b> 9:40-10:30AM Michelle RM 110/111 Max: 35
<b>Full Body Strength</b> 9:15-10:15AM Freya RM 110/111 Max: 35	<b>Gentle Yoga</b> 9:50-10:40AM Marianne RM 110/111 Max: 35	<b>Strength Core &amp; Balance</b> 8:50-9:50AM Freya RM10/111 Max: 35	<b>Strength &amp; Conditioning</b> 9:45-10:35AM Julie RM 110/111 Max: 35	<b>Indoor Cycle &amp; Stretch</b> 8:30-9:20AM Freya RM 113/114 Max: 17	<b>Yoga*</b> 9:40-10:40AM Freya RM 110/111 Max: 35 (Unlimited: Zoom) Zoom Activity Code: 323520-11	<b>Yoga</b> 10:45-11:45AM Marie RM 110/111 Max: 35
<b>Yoga*</b> 10:30-11:30AM Marianne RM 110/111 Max: 35 (Unlimited Zoom) Zoom Activity Code 323520-01	<b>Muscles &amp; Motion</b> 11:00AM-12:00PM Freya/Laura RM 110/111 Max: 35	<b>Zumba Gold</b> 9:30-10:20AM Marianne RM 108/109 Max: 30	<b>Muscles &amp; Motion</b> 10:45-11:45AM Julie RM 110/111 Max: 35	<b>Yoga</b> 9:30-10:30AM Freya RM 110/111 Max: 35	<b>Yoga</b> 11:30AM-12:30PM Marianne RM 110/111 Max: 35	<b>Fitness Class Key</b> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="background-color: #FFD700; width: 20px; height: 15px; margin-bottom: 2px;"></div> <span>Strength</span> </div> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="background-color: #FFD700; width: 20px; height: 15px; margin-bottom: 2px;"></div> <span>Cycle</span> </div> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="background-color: #90EE90; width: 20px; height: 15px; margin-bottom: 2px;"></div> <span>Yoga</span> </div> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="background-color: #ADD8E6; width: 20px; height: 15px; margin-bottom: 2px;"></div> <span>Pilates</span> </div> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="background-color: #00B0F0; width: 20px; height: 15px; margin-bottom: 2px;"></div> <span>Combo</span> </div> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="background-color: #FF0000; width: 20px; height: 15px; margin-bottom: 2px;"></div> <span>Cardio</span> </div>
<b>Full Body Strength</b> 5:30-6:20PM Michelle RM 110/111 Max: 35	<b>Strength &amp; Conditioning</b> 5:30-6:20PM Sandy RM 110/111 Max: 30	<b>Yoga</b> 10:00-11:00AM Theresa RM 110/111 Max: 35	<b>Yoga</b> 6:30-7:30PM Marie RM 110/111 Max: 35	<b>Gentle Yoga*</b> 10:00-10:50AM Marianne RM Banquet Max: 35 (Unlimited: Zoom) Zoom Activity Code: 323506-03		
<b>Pilates</b> 6:30-7:30 pm Nancy RM 110/111 Max: 35	<b>Yoga*</b> 6:30-7:30PM Freya RM Banquet Max: 35 (Unlimited: Zoom) Zoom Activity Code: 323520-03	<b>Chair Yoga</b> 11:15AM-12:15PM Theresa RM 110/111 Max: 25				
	<b>Move &amp; Groove</b> 6:35-7:35 pm Maria RM 110/111 Max: 35	<b>Barre Strength</b> 6:00-7:00PM Laura RM 110/111 Max: 30				

**Effective:  
May 2, 2026**

\*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.