

Group Exercise Schedule: Land

Effective: February 1, 2025 Gurnee

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rise & Shine Ride 5:15-6:00am Lisa J. Cycle Studio	Bootcamp 5:15-6:00am Eric Gym Floor	Rise & Shine Ride 5:15-6:00am Lisa H. Cycle Studio	Bootcamp 5:15-6:00am Eric Gym Floor	Rise & Shine Ride 5:15-6:00am Lisa H. Cycle Studio	Bootcamp 8:00-8:45am Angela / Kelly Gym Floor	
Total Body Conditioning 8:30-9:30am Jodi Gym Floor	YogaRoll 6:05-6:35am Amy Main Studio	Pilates Barre 6:15-7:00am Paige Main Studio	Barre Fusion 8:30-9:30am Jennifer Main Studio	HIIT 45 6:15-7:00am Kim Main Studio	Cycle60 8:00-9:00am Sam / Lisa J. Cycle Studio	Knockout 9:00-10:00am Sam Main Studio
	Cardio Kickboxing 8:30-9:30am Jodi Main Studio	Barbell Strength 8:30-9:30am Jennifer Main Studio	Short Circuits 9:30-10:30am Jodi Main Studio	Total Body Tabata® 8:30-9:30am Jodi Gym Floor	Zumba® 8:00-9:00am Chompoo Main Studio	Pure Core 10:00-10:45am Sam Main Studio
	A.B.C. (Arms, Booty & Core) 9:30-10:30am Angela S. Main Studio	Total Body Burn 9:30-10:30am Jennifer Main Studio	Interval Ride 9:30-10:15am Gary Cycle Studio	Zumba® 9:30-10:30am Jennifer Main Studio	Barbell Strength 9:00-10:00am Main Studio Angela / Kim	
	Interval Ride 9:30-10:15am Gary Cycle Studio	Vinyasa I 9:30-10:30am Sharon B. Mind Body Studio	Pilates Flex 9:30-10:30am Jennifer Mind Body Studio		Flex & Flow 9:00-9:45am Mind Body Studio Jodi	
Simply Fit 10:30-11:15am Jodi Gym Floor	Resistance Pilates 9:30-10:30am Linda Mind Body Studio	Simply Fit Interval 10:30-11:15am Kelly Main Studio	Simply Fit 10:30-11:15am Jodi Main Studio	Simply Fit 10:30-11:15am Jennifer Main Studio	Vinyasa I 10:00-11:00am Sharon / Marice! Mind Body Studio	
Gentle Vinyasa 11:30am-12:30pm Sharon B. Mind Body Studio	Restorative Yoga 10:30-11:30am Linda Mind Body Studio				Simply Fit 10:15-11:00am Jodi / Sue / Amy Main Studio	
Seated Yoga Stretch Express 11:30am-12:00pm Jodi Main Studio	Drum Beats / Dance Beats 10:45-11:30am Main Studio Jodi	Seated Yoga Stretch 11:30am-12:15pm Kelly Mind Body Studio	Sit Strong 11:30am-12:00pm Jodi Main Studio	Seated Gentle Flow 11:30am-12:15pm Paula Mind Body Studio		
	Pilates Sculpt 4:30-5:15pm Sue Mind Body Studio		Resistance Pilates 4:30-5:25pm Linda Mind Body Studio			
Zumba® 5:00-6:00pm Angela W. Main Studio		Athletic Yoga Sculpt 5:00-6:00pm Sam Main Studio				
Interval Ride 5:00-5:45pm Kris Cycle Studio	HIIT 45 5:15-6:00pm Sam Main Studio	Interval Ride 5:00-5:45pm Kris Cycle Studio	Step & Strength 5:15-6:15pm Sue Main Studio			
Vinyasa Flow 5:00-6:00pm Sue Mind Body Studio	Slow Flow Yoga 5:30-6:30pm Colette Mind Body Studio	Evening Yin Yoga 5:30-6:30pm Elizabeth Mind Body Studio	Vinyasa Flow 5:30-6:30pm Amy Mind Body Studio			SEE ADDITIONAL PAGE FOR CLASS DESCRIPTIONS.
Triple Threat 6:00-7:00pm Jenna Main Studio		Zumba® 6:00-7:00pm Chompoo Main Studio	Cadence & Core 5:30-6:30pm Lisa J. Cycle Studio			*New Class or New Time
						{ \$} Additional Fee Specialty Class

