

Day	Time	Duration (min.)	Class	Instructor	Location	Class Date Changes:
Monday						
	5:15 AM	50	Bodyflow™	Lois	Studio 3	
	8:00 AM	45	Muscle Mashup	Jeff	Studio 2	
	8:45 AM	45	Step Jam- *(Complex Choreography)	Dina	Studio 3	
	8:45 AM	50	Cycle	Linda	Studio 1	
	9:00 AM	55	Bodyattack™	Kristin	Studio 2	
	9:45 AM	55	Bodyflow™	Megan R	Studio 3	
	10:00AM	60	Bodypump™	Seika	Studio 2	
	11:00AM	50	Cardio Combo Gold	Gina	Studio 2	New Class!
	5:00 PM	55	Cardio 30 & Abs	Wanda	Studio 2	
	5:30 PM	50	Cycle	Linda/Kevin	Studio 1	
	6:00 PM	55	Bodyflow™	Janine	Studio 3	
	6:00 PM	55	Body Combat™	Kristen	Studio 2	New Class!
	6:30 PM	50	Cycle	Andy	Studio 1	New Class!
	7:00 PM	60	Bodypump™	Denise/Seika	Studio 2	New Instructor(s)
	7:00 PM	55	Zumba®	Bree	Studio 3	New Class!
Tuesday						
	5:15 AM	50	Cycle	Lois	Studio 1	
	7:30 AM	65	Resistance Circuit Training & Stretch	Kerry	Studio 2	5 minute stretch at the end of class
	8:30 AM	60	Cycle Journey	Tiffany	Studio 1	
	8:30 AM	60	Yoga	Sharon	Studio 3	
	8:45 AM	55	Cardio Circuit Blast	Joy	Studio 2	New Class!
	9:45 AM	60	Body Combat™	Elizabeth	Studio 2	New Class!
	9:45 AM	60	Yoga	Sharon	Studio 3	
	11:00 AM	60	Zumba®	Elizabeth	Studio 2	
LUNCH TIME	12:00 PM	40	Cycle	Laura F	Studio 1	
	5:00 PM	60	Bodystep™	Denise	Studio 2	
	5:00 PM	55	Strong by Zumba®	Natoia / Angela	Studio 3	New Class
	5:15 PM	45	Cycle	Linda	Studio 1	
	6:05 PM	55	Pilates Mat	Ilona	Studio 3	
	6:10 PM	60	Bodypump™	Denise	Studio 2	
	7:00 PM	50	Cize®	Lorena	Studio 3	
	7:15 PM	45	Bodycombat™ Express	Seika	Studio 2	
Wednesday						
	5:15 AM	45	Bodypump™ Express	Lois	Studio 2	
	7:30 AM	60	Tabata Interval Training	Kerry	Studio 2	
	8:45 AM	60	Yoga	Tiffany L.	Studio 3	
	8:45 AM	60	Bodystep™	Lynn	Studio 2	
	9:00 AM	45	Cycle	Dina	Studio 1	
	9:50 AM	60	Bodypump™	Seika	Studio 2	
	10:00 AM	45	Barre/Abs	Dina	Studio 3	
	10:45 AM	50	Cardio Combo Gold	Colleen	Studio 2	New Class!
	10:45 AM	55	Yoga	Tiffany D.	Studio 3	New Class!
	4:45 PM	45	Metabolic Conditioning	Natoia	Studio 2	New Instructor!
	4:45 PM	55	Bodyflow™	Heather	Studio 3	
	5:35 PM	60	Bodycombat™	Seika	Studio 2	
	6:00 PM	55	Barre Bootcamp	April	Studio 3	New Class!
	6:30 PM	50	Cycle	Tiffany L.	Studio 1	
	6:45 PM	60	Zumba®	Chompoo	Studio 2	

Key

New class or time change.

Visit FitNationGurnee.com for facility and KidNation holiday hours.

*Classes that do not meet the minimum attendance requirement can be removed from the schedule at anytime.

Day	Time	Duration (min.)	Class	Instructor	Location	Class Date Changes:
Thursday						
	5:15 AM	50	Cycle	Lois	Studio 1	
	7:30 AM	60	Boot Camp	Kerry	Studio 2	
	8:45 AM	55	Starter 20	Milana	Studio 3	
	8:30 AM	60	Cycle Journey	Jeff	Studio 1	
	8:45 AM	55	TBT	Dina	Studio 2	
	9:45 AM	60	Yoga	Sharon	Studio 3	
	9:45 AM	55	Bodyjam™	Dina	Studio 2	
	11:00 AM	55	Zumba Gold	Elizabeth	Studio 2	New Class!
LUNCH TIME	12:00 PM	40	Cycle	Linda	Studio 1	
	5:00 PM	60	Bodypump™	Denise	Studio 2	
	5:00 PM	55	Yoga	Tiffany D	Studio 3	New Class!
	6:00PM	55	Zumba®	Cristina	Studio 3	
	6:10PM	45	Bodyattack™ Express	Danielle	Studio 2	
	6:15PM	50	Cycle	Kevin	Studio 1	New Time!
	7:00 PM	60	Bodypump™	Seika	Studio 2	
	7:00 PM	60	Barrelates	Cindy	Studio 3	
Friday						
	5:15 AM	55	Bodyflow™	Lois	Studio 3	
	7:30 AM	50	Bodyattack™	Vicki	Studio 2	
	8:30 AM	60	Bodycombat™	Elizabeth	Studio 2	
	8:45 AM	45	Bands and Buns	Dina	Studio 3	
	8:45 AM	50	Cycle	Rhonda	Studio 1	
	9:35 AM	60	Extreme Boot Camp	Dina	Studio 2	New GYM location starting 2/1
	9:45 AM	55	Bodyflow™	Megan R	Studio 3	
LUNCH TIME	12:00 PM	40	Cycle	Linda	Studio 1	
	6:00 PM	60	TGIZumba®	Chompoo	Studio 2	
	6:00 PM	60	Yoga	Melissa	Studio 3	
Saturday						
	7:30 AM	50	Cycle	Kevin	Studio 1	
	7:45 AM	55	Yoga	Mary/Tiffany	Studio 3	
	8:00 AM	55	Strength	Wanda	Studio 2	
	8:00 AM	55	Boot Camp	Kerry	Gym	New Instructor!
	9:00 AM	55	Zumba®	April/Cristina	Studio 3	
	9:00 AM	60	Bodyattack™	Danielle/ Ashley	Studio 2	New Instructors!
	9:00 AM	50	Cycle	Andy	Studio 1	
	10:10 AM	55	Bodyflow™	Heather/Amy	Studio 3	
	10:10 AM	60	Bodypump™	Megan R	Studio 2	
Sunday						
	8:30 AM	55	Bodystep™ Express	Rotation	Studio 2	
	8:30 AM	60	Yoga Basics	Sharon	Studio 3	
	8:30 AM	45	Cycle	Tiffany	Studio 1	
	9:30 AM	55	Bodypump™ Express	Rotation	Studio 2	
	9:45 AM	60	Yoga	Sharon	Studio 3	
	10:00 AM	50	Winter Indoor Power Ride	Andy	Studio 1	New Class!
	10:30 AM	60	Bodycombat™	Seika	Studio 2	

FitNation Hours:

Monday-Friday: 5:00a-11:00p
 Saturday: 7:00a-7:00p
 Sunday: 8:00a-7:00p

KidNation Childcare Hours:

For children 3 months-12 years
 Monday-Friday: 8:00a-8:00p
 Saturday-Sunday: 8:00a-2:00p

Please Note:

Drop-in schedule and instructors are subject to change without notice. All group exercise classes require a wristband upon entering the class. Please hand wristband to the instructor at the beginning of class.