

April 2021 Group Exercise Schedule

Day	Time	Mins.	Class	Instructor	Location
Monday					
	8:45 AM	60	Triple Threat	Dina	Studio 2
	8:45 AM	60	Cycle	Linda	Flex Studio
	10:00 AM	60	BodyPump®	Amy	Studio 2
	5:45 PM	55	Zumba	Elizabeth/ Gina	Studio 2
NEW CLASS!	6:45 PM	45	BodyAttack®	Kristen S/ Amy C	Studio 2
Tuesday					
	7:30 AM	60	Muscle Mashup	Jeff	Studio 2
	9:00 AM	60	Hydrofit	Cyndi	Pool
	9:45 AM	60	BodyCombat®	Elizabeth	Studio 2
	10:45 AM	30	Zumba®	Elizabeth	Studio 2
	5:45 PM	60	BodyStep®/Pump® Combo	Denise	Studio 2
Wednesday					
	8:30 AM	45	Barre	Dina	Studio 2
	9:15 AM	30	BodyJam® Express	Dina	Studio 2
	10:00 AM	60	BodyPump®	Gina	Studio 2
	5:45 PM	60	BodyCombat®	Elizabeth	Studio 2
Thursday					
	8:30 AM	60	Cycle Journey	Jeff	Flex Studio
	9:00 AM	60	Hydrofit	Cyndi	Pool
	9:15 AM	60	Boot Camp	Dina	Gym
NEW STUDIO!	9:45 AM	60	Yoga	Sharon	Studio 3
	5:00 PM	60	BodyPump®	Denise	Studio 2
Friday					
	9:00 AM	55	BodyCombat®	Amy C	Studio 2
	10:00 AM	30	BodyFlow® Express	Amy C	Studio 2
Saturday					
	8:00 AM	50	Cycle	Kevin	Flex Studio
	9:00 AM	60	BodyPump®	Denise	Studio 2
	10:00 AM	60	BodyAttack®	Kristen S	Studio 2
Sunday					
NEW STUDIO!	8:30 AM	55	BodyFlow®	Amy P	Studio 3/NO CLASS 4/4!
NEW CLASS!	8:30 AM	55	BodyStep®	Denise/Lynn	Studio 2
NEW CLASS!	9:30 AM	25	Core Blast	Elizabeth/ Denise	Studio 2
NEW CLASS!	10:00 AM	60	BodyCombat®	Elizabeth	Studio 2

Visit FitNationGurnee.com for additional information.

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