FitNation
BE FIT. BE HEALTHY.

November 2026

Group Exercise Drop-In Schedule

1655 Nations Dr. Gurnee, IL • FitNationGurnee.com • 847-623-4506

Powered By: Gurnee Park District

Day	Time	Duration	Class	Instructor	Location	Notes
Monday						
	8:30 AM	30	Sculpt Series	Mandi	Studio 3	
	8:45 AM	50	Cycle	Tiffany	Studio 1	
	9:00 AM	45	Booty Burn	Mandi	Studio 3	
	9:00 AM	45	Les Mills Body Attack Express™	Kristin	Studio 2	
	10:00 AM	60	Les Mills Body Pump™	Gina/Elizabeth	Studio 2	
	10:15 AM	45	Zumba™ Gold	Elizabeth/Gina	Studio 3	
	5:30 PM	45	Muscle Mashup and Core	Ilona	Studio 3	
	5:30 PM	50	Zumba™	April	Studio 2	
	5:45 PM	50	Cycle	Linda	Studio 1	
	6:30 PM	**45**	**Cardio Kickbox POP UP**	**April**	**Studio 2**	**November 16th Only**
	6:30 PM	55	Les Mills Body Balance™	Erica	Studio 3	
Tuesday						
	7:30 AM	45	TBS	Joy	Studio 2	
	8:30 AM	**25**	Tabata Cardio	Gina	Studio 2	
	8:30 AM	**45**	**Pelvic Floor Core POP UP**	**Joy**	**Studio 3**	**November 3rd Only**
	9:00 AM	60	HydroFit	Tim	Pool	**Ai Chi Nov 10th and 17th**
	9:00 AM	45	Core & More	Gina	Studio 2	
	9:45 AM	60	Yoga	Sharon	Studio 3	
	9:45 AM	55	Les Mills Body Combat™	Elizabeth	Studio 2	
	10:45 AM	45	Zumba™	Elizabeth	Studio 2	
	5:15 PM	**45**	**Zumba™**	**Chompoo**	**Studio 3**	**New day/time**
	5:15 PM	45	Les Mills Body Step Express™	Denise	Studio 2	
	6:15 PM	60	Les Mills Body Pump™	Denise	Studio 2	
	6:15 PM	45	Barre	Erica	Studio 3	
Wednesday						
	8:30 AM	**25**	Guts and Butts	Mandi	Studio 2	
	9:00 AM	45	Les Mills Body Step Express™	Mandi	Studio 2	
	10:00 AM	55	Les Mills Body Pump™	Gina	Studio 2	
	10:00 AM	50	Supported Stretch & Balance	Lindsey	Studio 3	
	11:00 AM	50	Cardio Combo Gold	Gina	Studio 2	
	5:30 PM	45	LIIT Gold	Ilona	Studio 3	
	5:45 PM	60	Les Mills Body Combat™	Elizabeth	Studio 2	
	6:30 PM	60	Yoga	Maggie	Studio 3	
Thursday						
	8:30 AM	50	Cycle	Rhonda	Studio 1	**Please see**
	8:30 AM	30	Core Blast	Mandi/Gina	Studio 2	**special Thanksgiving**
	9:00 AM	60	HydroFit	Cyndi	Pool	**schedule.**
	9:15 AM	45	Boot Camp	Mandi/Gina	Gym	**FitNation will**
	9:15 AM	45	Les Mills Body Pump Express™	Elizabeth	Studio 2	**be open from**
	9:30 AM	60	Yoga	Sharon	Studio 3	**7:00am - 12:00pm**
	10:15 AM	30	Foam Roll and Release	Elizabeth	Studio 2	**on 11/26**
	5:00 PM	60	Les Mills Body Pump™	Denise	Studio 2	
	5:45 PM	50	Cardio Pilates	Ilona	Studio 3	
	5:45 PM	45	Power Ride Express	Linda	Studio 1	

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Friday						
	8:10 AM	45	TBS	Joy	Studio 2	
	9:00 AM	55	Les Mills Body Combat™	Elizabeth	Studio 2	
	9:15 AM	45	Strength and Strech	Lindsey	Studio 3	
	10:05 AM	**45**	LIIT Gold	Elizabeth/Gina	Studio 2	**New Time**
	10:15 AM	**60**	**Friday Flow POP UP**	**Maggie**	**Studio 3**	**Nov 6th on 27th Only**
Saturday						
	7:30 AM	50	Cycle	Kevin	Studio 1	
	8:45 AM	50	Cardio Sculpt	Ilona	Studio 3	
	8:45 AM	60	Les Mills Body Pump™	Denise/Cristina	Studio 2	
	10:00 AM	60	Zumba™	Erica	Studio 2	
Sunday						
	8:30 AM	50	Cycle	Tiffany	Studio 1	
	8:45 AM	55	Les Mills Body Balance™	Erica	Studio 3	
	9:30 AM	30	Core & More	Elizabeth	Studio 2	
	10:00 AM	60	Les Mills Body Combat™	Elizabeth	Studio 2	

CLASS DESCRIPTIONS ARE ON A SEPARATE PAGE

Please Note: The schedule and instructors are subject to change at any time without notice. You are required to check in at the service desk to pick up a token/band for each class you are attending. Please give it to your instructor before class begins.

FitNation Group Exercise Class Description

CARDIO

BODY ATTACK™ EXPRESS: a high energy, sports inspired interval cardio workout for building strength, stamina, and agility. Combined athletic movements and strength exercises will push you towards your fitness goals.

BODY COMBAT™ : This fiercely energetic program is inspired by martial arts and draws from a wide variety of disciplines such as Karate, Tae Kwon Do, Kickboxing, and Muay Thai. This non-contact format is supported by strong and powerful music.

BODY STEP™ : Compelling cardio fitness that shapes and tones the legs, improves coordination, bone density, posture, and agility with easy-to-follow choreographed combinations using an adjustable step platform.

TABATA CARDIO : An intense HIIT cardio workout with 4-minute sets of work consisting of 8, 20- second rounds per set with 10 second rests.

CARDIO/STRENGTH

BOOT CAMP: This class is a heart pumping, muscle flexing, challenging workout. Simple cardio combinations will be taught with intervals of strength training (weights, bands, kettlebells, etc.) mixed in.

CARDIO COMBO GOLD: A low impact class designed for our active aging members using a variety of equipment for light cardio and strength exercises. A full body workout that is easier on the joints but full of heart pumping fun.

CARDIO PILATES: Traditional Pilates exercises using equipment to strengthen and tone the core, mixed with easy-to-follow cardio drills designed to raise the heartrate for a great metabolic conditioning workout. A great balance of cardio and strength for a total body workout.

CARDIO SCULPT: Low impact aerobic training with light weight or body weight intervals to tone and strengthen the muscles.

LIIT GOLD: A fun, low impact class designed for the active aging adult, someone new to fitness, or someone just getting back into exercise. An interval cardio and strength workout consisting of timed exercises followed by periods of rest. Different equipment may be used for a total body workout.

STRENGTH TRAINING

BARRE: A full-body fitness class that blends ballet-inspired movement, strength training, and mindful stretching to build long, lean muscles, improve posture, and enhance balance.

BODY PUMP™: A choreographed strength and conditioning class that uses high repetition with barbells and plates and inspiring music to motivate participants. ****New members are encouraged to arrive 10 minutes early to allow time for set up****

BOOTY BURN: Build up the backside and turn up the heat on your booty. Using a variety of equipment, this class is designed to have your glutes burning for days.

CORE BLAST: this 30-minute class strengthens and stabilizes the muscles throughout the core. Different equipment will be used to build a strong and lean midsection.

CORE and MORE: 30-45 minutes of core blast training combined with multi-muscular strength moves.

GUT and BUTTS: A 30-minute powerhouse core blast class that will work to strengthen the core while incorporating exercises to help define the back side.

MUSCLE MASHUP and CORE: Keep your mind and body guessing what will come next. This total body strength class will use a variety of training equipment and great music to build muscle, tone the body, and strengthen the core.

STRENGTH and STRETCH: Gentle exercises including balance work and stretching will get your body moving and heart pumping. Light weights may be included and chairs will be available for support if needed. This class is ideal for our active aging members or anyone with joint pain or injuries who require less intense exercise.

TBS (TOTAL BODY STRENGTH): A class consisting of multi-muscular, functional strength and balance exercises using a variety of equipment and your own body resistance to build strength and to shape and tone the total body.

OVER →

MIND/BODY **Please bring a Yoga mat to class with you**

BODY BALANCE™: A yoga, Tai Chi, and Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

FOAM ROLL and RELEASE: Show those tired, sore muscles some love. Rollers help to get deep into the muscles to promote myofascial release, which is an excellent way to help improve flexibility and reduce muscle pain.

SUPPORTED STRETCH and BALANCE: Ideal for anyone with joint issues who wants the physical benefits of stretching without having to get up and down on the mat. Chairs are provided for support which gives you a great stretch, help build strength and improve balance.

YOGA: Work all major and minor muscle groups by repeating a series of poses and flowing them together to develop strength, flexibility, endurance, and mindfulness.

VINYASA FLOW: An athletic approach to Yoga using continuous movements and poses linked with the breath to elevate your heartrate and give you a great workout.

DANCE

ZUMBA™: A fun Latin cardio dance class that combines all styles of Latin dance and music.

ZUMBA GOLD™: Zumba moves designed for the active aging adult or someone just starting out. Low impact and easy to follow choreography to great music will get your heartrate up and the energy going.

AQUATICS

HYDRO-FIT: This class uses water's resistance for an aerobic, strength and ROM workout. The water allows for less joint impact and an increase in hydrostatic pressure. A variety of equipment will be used for a fun and challenging workout.

INDOOR CYCLING

CYCLE: An awesome, 50 minute high energy, music driven class on a stationary bike. You will be guided through varying terrains like flats, hills and sprints with adjustable speed and resistance. This class will boost your heart rate and help to build strength and endurance. All skill levels welcome**. **New members are encouraged to arrive 10 minutes early, to allow time for the instructor to assist in getting set up on the bike****

POWER RIDE EXPRESS: This 45 minute class will use powerful music to focus on a high intensity ride to increase your heartrate and burn fat in a shorter amount of time.

NOVEMBER POP UPS

PELVIC FLOOR CORE (11/3): Learn foundational exercises and breathwork to help train your deep abdominal muscles and pelvic floor to work together. *This class will be building off the October pop up. Attendance in that first class is recommended, but not required.*

CARDIO KICKBOX and SCULPT (11/16): A high energy, full body workout that combines cardio kickboxing moves with strength and core focus.

FRIDAY FLOW (11/6 and 11/27) – An athletic, mindful and restorative approach to yoga using continuous movements and poses linked with breath.

HYDROFIT/AI CHI (11/10 and 11/17) – A total body aquatic program that can help improve balance, posture, core strength, flexibility, and range of motion using the principles of Tai Chi while using water buoyancy.

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Thanksgiving 2026

7:30am – Cycle w/ Linda

8:30am – Body Pump w/ Denise

8:30am – Cardio Sculpt w/ Ilona

9:45am – Body Balance w/ Erica

FitNation hours 7:00am-12:00pm

