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**Group Fitness Schedule** **STUDIO 1 - ROOM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HIIT CIRCUIT</b> 9:15am <i>Tricia</i>  <b>STRENGTH AND PILATES</b> 10:15am <i>Jill</i>  <b>STRENGTH</b> 4:30pm <i>Lori</i>  <b>STEP +</b> 5:30pm <i>Tara</i>  <b>ZUMBA</b> 7:00pm <i>Jenna</i>	<b>ZUMBA</b> 9:00am <i>Monique</i>  <b>YOGA</b> 10:00am <i>Angie</i>  <b>TOTAL TONE</b> 11:00am <i>Heather</i>  <b>STRENGTH</b> 4:30pm <i>Carla</i>  <b>STRONG BY ZUMBA</b> 5:30pm <i>Monique</i>	<b>50/50</b> 8:30am <i>Jill</i>  <b>PILATES</b> 9:30am <i>Jill</i>  <b>ZUMBA</b> 10:30am <i>Sonja</i>  <b>TOTAL STRENGTH</b> 4:30pm <i>Heather</i>  <b>STEP +</b> 5:30pm <i>Tara</i>  <b>ZUMBA</b> 6:30pm <i>Monique</i>  <b>KID ZUMBA</b> 7:30-8:00pm <i>Monique</i>	<b>ZUMBA</b> 9:00am <i>Sonja</i>  <b>YOGA</b> 10:00am <i>Denise</i>  <b>STRENGTH</b> 4:30pm <i>Carla</i>  <b>ZUMBA</b> 5:30pm <i>Tara</i>  <b>YOGA</b> 6:30pm <i>Randy</i>	<b>ZUMBA</b> 9:00am <i>Becky</i>  <b>STRENGTH</b> 10:15am <i>Tricia</i>  <b>STRONG BY ZUMBA</b> 5:30pm <i>Monique</i>	<b>50/50</b> 8:00am <i>Colleete</i>  <b>ZUMBA</b> 9:00am <i>Monique</i>  <b>YOGA</b> 10:00am <i>Denise</i>	<b>ROTATING CLASS &amp; INSTRUCTOR</b>  9:00am  <b>YOGA</b> 10:00am <i>Lori</i>

**Group Fitness Schedule** **STUDIO 2 - ROOM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLING</b> 5:30am <i>Twin / Tina</i>  <b>CARDIO BLAST</b> 8:15am <i>Janet</i>  <b>30 MINUTE MACHINE CIRCUIT</b> 10:30am <i>Theresa</i>  <b>30 MINUTE MACHINE CIRCUIT</b> 5:30pm <i>Theresa</i>	<b>20/20/20</b> 9:15am <i>Tricia</i>  <b>STRENGTH</b> 10:15am <i>Tricia</i>  <b>BOOT CAMP</b> 5:30pm <i>Janet</i>	<b>CYCLING</b> 5:30am <i>Twin / Tina</i>  <b>CARDIO BLAST</b> 8:30am <i>Janet</i>  <b>TOTAL BODY STRENGTH</b> 9:15am <i>Nicole</i>  <b>BUTTS AND GUTS</b> 10:15am <i>Heather</i>  <b>30 MINUTE MACHINE CIRCUIT</b> 5:30pm <i>Theresa</i>  <b>ZUMBA</b> 7:00pm <i>Jenna</i>	<b>CARDIO SCULPT CIRCUIT</b> 10:00am <i>Heather</i>  <b>30 MINUTE MACHINE CIRCUIT</b> 10:30am <i>Theresa</i>	<b>CYCLE INTRO</b> 5:30am <i>Twin / Tina</i>  <b>TOTAL BODY STRENGTH</b> 8:15am <i>Nicole</i>  <b>HIIT CIRCUIT</b> 9:15am <i>Tricia</i>	<b>20/20/20</b> 8:30am <i>Tricia</i>  <b>CIRCUIT</b> 9:30am <i>Tricia</i>	

All classes are approximately 55 minutes unless otherwise noted.