



3585 Hennepin Dr. Joliet, IL.  
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www.fivestar-fitness.com

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HIIT CIRCUIT</b> 9:05am Tricia  <b>BARRE</b> 10:00am Beth  <b>ZUMBA</b> 11:00am Monique  <b>STRENGTH</b> 4:30pm Lori  <b>STEP JAM</b> 5:30pm Tara  <b>LES MILLS BODYPUMP</b> 6:30pm Alison	<b>ZUMBA</b> 9:00am Monique  <b>YOGA</b> 10:00am Angie  <b>STRENGTH</b> 4:30pm Carla  <b>KICKBOXING</b> 5:30pm Kim	<b>LES MILLS BODYPUMP</b> 9:00am Becky  <b>STRONG BY ZUMBA</b> 10:15am Sonja  <b>STRENGTH</b> 4:30pm Heather P.  <b>STEP JAM</b> 5:30pm Tara  <b>ZUMBA</b> 6:30pm Monique  <b>KID ZUMBA</b> 7:30-8:00pm Monique	<b>ZUMBA</b> 9:00am Sonja  <b>YOGA</b> 10:15am Denise  <b>STRENGTH</b> 4:30pm Carla  <b>ZUMBA</b> 5:30pm Tara  <b>YOGA</b> 6:30pm Randy	<b>ZUMBA</b> 9:00am Becky  <b>STRENGTH</b> 10:00am Tricia  <b>LES MILLS BODYPUMP EXPRESS</b> 4:30pm Staff  <b>STRONG BY ZUMBA</b> 5:30pm Monique	<b>50/50</b> 8:00am Colleete  <b>ZUMBA</b> 9:00am Monique  <b>YOGA</b> 10:15am Denise	<b>ROTATING CLASS &amp; INSTRUCTOR</b> 9:00am  <b>YOGA</b> 10:00am Lori

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLING</b> 5:30am Lynn  <b>CARDIO BLAST</b> 8:15am Janet  <b>TOTAL BODY STRENGTH</b> 9:00am Nicole  <b>30 MINUTE MACHINE CIRCUIT</b> 10:30am and at 5:30pm Theresa  <b>STRETCH / FOAM ROLLER</b> 11:00-11:30am Beth (Bring a Foam Roller)  <b>ZUMBA</b> 7:00pm Jenna	<b>20/20/20</b> 9:05am Tricia  <b>TOTAL TONE</b> 10:30am Heather P.  <b>BOOT CAMP</b> 5:15pm Janet	<b>MADD DOG SPIN</b> 5:30am Heather R.  <b>CARDIO BLAST</b> 8:15am Janet  <b>TOTAL BODY STRENGTH</b> 9:00am Nicole  <b>BUTTS AND GUTS</b> 10:15am Heather  <b>30 MINUTE MACHINE CIRCUIT</b> 5:30pm Theresa  <b>ZUMBA</b> 7:00pm Jenna	<b>MADD DOG SPIN</b> 9:00am Heather R.  <b>CARDIO SCULPT CIRCUIT</b> 10:00am Heather P.  <b>30 MINUTE MACHINE CIRCUIT</b> 10:30am Theresa	<b>CYCLE INTERVAL</b> 5:30am Lynn  <b>TOTAL BODY STRENGTH</b> 8:15am Nicole  <b>HIIT CIRCUIT</b> 9:05am Tricia	<b>20/20/20</b> 8:30am Tricia	