



3585 Hennepin Dr. Joliet, IL.
815.439.9900
www.fivestar-fitness.com

Group Fitness Schedule **STUDIO 1 - ROOM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT CIRCUIT 9:05am Tricia BARRE 10:00am Beth STRETCH / FOAM ROLLER 11:00-11:30am (Bring a Foam Roller) Beth STRENGTH 4:30pm Lori STEP JAM 5:30pm Tara LES MILLS BODYPUMP 6:30pm Alison	ZUMBA 9:00am Angie H. YOGA 10:00am Angie STRENGTH 4:30pm Carla KICKBOXING 5:30pm Kim ZUMBA 6:30pm Jessy.	LES MILLS BODYPUMP 9:00am Becky STRONG BY ZUMBA 10:15am Sonja STRENGTH 4:30pm Heather P. STEP JAM 5:30pm Tara ZUMBA 6:30pm Jenna KID ZUMBA 7:30-8:00pm Jenna	ZUMBA 9:00am Sonja YOGA 10:15am Denise STRENGTH 4:30pm Carla ZUMBA 5:30pm Tara YOGA 6:30pm Randy	ZUMBA 9:00am Becky STRENGTH 10:00am Tricia LES MILLS BODYPUMP EXPRESS 4:30pm Staff STRONG BY ZUMBA 5:30pm Jessy	50/50 8:00am Colleete ZUMBA 9:00am Jessy YOGA 10:15am Denise	ROTATING CLASS & INSTRUCTOR 9:00am YOGA 10:00am Lori

Group Fitness Schedule **STUDIO 2 - ROOM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING 5:30am Lynn CARDIO BLAST 8:15am Janet TOTAL BODY STRENGTH 9:00am Nicole 30 MINUTE MACHINE CIRCUIT 10:30am and at 5:30pm Theresa ZUMBA 7:00pm Jenna	20/20/20 9:05am Tricia TRX BODY BLAST 10:30am Heather P. BOOT CAMP 5:15pm Janet	CYCLING 5:30am Staff CARDIO BLAST 8:15am Janet TOTAL BODY STRENGTH 9:00am Nicole BUTTS AND GUTS 10:15am Heather 30 MINUTE MACHINE CIRCUIT 5:30pm Theresa	TRIPLE THREAT 9:00am Heather R. CARDIO SCULPT CIRCUIT 10:00am Heather P. 30 MINUTE MACHINE CIRCUIT 10:30am Theresa	CYCLE INTERVAL 5:30am Lynn TOTAL BODY STRENGTH 8:15am Nicole HIIT CIRCUIT 9:05am Tricia	20/20/20 8:30am Tricia	