



Group Fitness Class Schedule

Use these icons to pick the best class for you



Zumba

Yoga










Strength

Core

Kickboxing

Cardio
& Plyos

Classes at Lifetime & Xsport are free to Gym members. For Zumba at Gios please sign up for class at Staciboyer.com, for Motiv8nU Studio classes email Staci@Motiv8nU for details! Private sessions are available

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	915am – 1045am Motiv8n U Studio  Cardio Interval/ Strength	10:30-11:30 Zumba  Lifetime Warrenville	10am-1130 am Motiv8n U Studio  Cardio Interval/ Strength Class Full - email for details.	830am-930am XSport Naperville Core Commotion 		930am-1030am Lifetime Warrenville Hard Core 
			130pm – 230pm Wheaton Studio Functional Strength  email to sign up!	12:15pm Competition Prep-Walking & posing GIO' S 2835 Aurora Ave Naperville		
7:30 - 830pm Zumba  Lifetime Warrenville			530pm -630pm Lifetime Warrenville Fitness Fusion 	5:30-6:30pm Zumba  GIO' S 2835 Aurora Ave Naperville		