



Group Fitness Class Schedule

Use these icons to pick the best class for you



Zumba

Yoga




Strength

Core

Kickboxing

Cardio
& Plyos

Class at Xsport are free to Gym members. Email Staci@Motiv8nU.com for package prices.
Private sessions and Personal Program Consultation evaluations are available.
Follow me on Facebook for event updates! www.facebook.com/Motiv8nu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Private Training Sessions From 7Am to 7pm Contact Staci for openings	915am – 1045am Motiv8n U Studio  Cardio Interval/ Strength	Private Training Sessions From 7Am to 7pm Contact Staci for openings	Private Training Sessions From 7Am to 3pm Contact Staci for openings	830am-930am XSport Naperville Core Commotion 		11:30 -1230 Competition Prep- Walking & posing TEXT Staci for location 773-351-4646
	Private Training Sessions From 7Am to 3pm Contact Staci for openings		10am-1130 am Motiv8n U Studio  Cardio Interval/ Strength Class Full - email for details.	Private Training Sessions From 7Am to 5pm Contact Staci for openings		
				12:15pm Competition Prep- Walking & posing Motiv8n U Studio		