

YOUR WORLD FITNESS

GROUP FITNESS SCHEDULE

Phone: 815-675-9999
 Address: 2222 Pierce Drive, Spring Grove IL 60081
 Website: www.yourworldfitness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am - 6:30am Spin & Strength Melissa Alberts	5:30am - 6:30am Spin & Strength Melissa Alberts	5:30am - 6:30am Spin & Strength Melissa Alberts	5:30am - 6:30am Spin & Strength Melissa Alberts	5:30am - 6:30am Spin & Strength Melissa Alberts	7am - 8am Reved up Recess Marcia Mitchell	NO CLASSES SCHEDULED
8am - 9am Yoga Loreli	8am - 9am Power Yoga Alice McLean	8:15am - 9:15am BootCamp Beth Rothfuchs	8:15am - 9:15am Yoga Megan	8:15am - 9:15am Bootcamp Andi Harris	7:45am - 8:45am Yoga Loreli	
8:15am - 9:15am Bootcamp Beth Rothfuchs	8:15am - 9:15am Power Hour Patrick Leathers	9:15am - 10:15am ZUMBA Andi Harris	9:15am - 10:15am P90X Beth Rothfuchs	9:15am - 10:15am ZUMBA Andi Harris	8:05am - 9am Bootcamp Andi Harris	
9:15am - 10:15am ZUMBA Andi Harris	9:15am - 10:15am P90X Beth Rothfuchs	10:30am - 11:30am Pilates Fusion Andi Harris	10:30am - 11:30am No Jump Pump Andi Harris		9:15am - 10:15am ZUMBA Andi Harris	
10:30am - 11:30am Pilates Fusion Andi Harris	9:15am - 10:15am Barre Class Tiffany	4:15pm - 5:15pm Yoga Alice McLean	5pm - 6pm Bootcamp Jessica Putney			
5pm - 6pm Yoga Loreli	10:30am - 11:30am No Jump Pump Beth Rothfuchs	5:30pm - 6:00pm Express Barre Tiffany	5:00pm - 6:00pm Barre Class			
6:05pm - 7:05pm Kettlebells Marcia Mitchell	5pm - 6pm Bootcamp Andi Harris	6:05pm - 7:05pm Kettlebells Marcia Mitchell	6:05pm - 7:05pm STRONG by ZUMBA Jessica Putney			
7:15pm - 8:15pm P90X Matt Gorski	6:05pm - 7:05pm ZUMBA Andi Harris	7:15pm - 8:15pm INSANITY Matt Gorski	7:15pm - 8:15pm Yoga Megan			
7:15pm - 8:15pm Barre Class Tiffany	7:15pm - 8:15pm Power Hour Patrick Leathers					



Schedule is
subject to change
stay up to date:



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