

# NORTHBOUND FITNESS

## GROUP FITNESS SCHEDULE

Phone: 815-675-9999  
 Address: 2222 Pierce Drive, Spring Grove IL 60081  
 Website: [www.NORTHBOUNDFITNESS.com](http://www.NORTHBOUNDFITNESS.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	8am - 9am Yoga Megan	NO CLASSES SCHEDULED
8:15am - 9:15am Yoga Megan	8am - 9am Power Yoga Alice McLean	8:25am - 9:25am BootCamp Beth Rothfuchs	8:15am - 9:15am Yoga Megan	8:15am - 9:15am YOGA Megan	8am - 9am Bootcamp Andi Harris	
8:25am - 9:25am Bootcamp Beth Rothfuchs	8:25am - 9:25am Power Hour Patrick Leathers	9:30am - 10:30am <b>ZUMBA</b> Andi Harris	8:25am - 9:25am Power Hour Patrick Leathers	8:25am - 9:25am Bootcamp Andi Harris	9:15am - 10:15am <b>ZUMBA</b> Jessica	
9:25am - 10:10am NAC Megan	9:30am - 10:30am P90X Beth Rothfuchs	10:30am - 11:30am Pilates Fusion Andi Harris	9:30am - 10:30am P90X Beth Rothfuchs	9:30am - 10:30am <b>ZUMBA</b> Andi Harris		
9:30am - 10:30am <b>ZUMBA</b> Andi Harris	9:15am - 10:15am Barre Class Tiffany	4:30pm - 5:30pm Yoga Alice	10:30am - 11:30am No Jump Pump Andi Harriss			
10:30am - 11:15am Pilates Fusion Andi Harris	10:30am - 11:30am No Jump Pump Beth Rothfuchs	6:05pm - 7:05pm Kettlebells Marcia Mitchell	6pm-7pm Barre Class Tiffany			
6:05pm - 7:05pm Kettlebells Marcia Mitchell	5pm - 6pm Bootcamp Andi Harris	7:15pm - 8:15pm LIIT Matt Gorski				
7:15pm - 8:15pm Barre Class Tiffany	6:15pm-7:00pm NAC Megan					
	7:15pm-8:15pm YOGA Megan					

updated on 2-25-2020