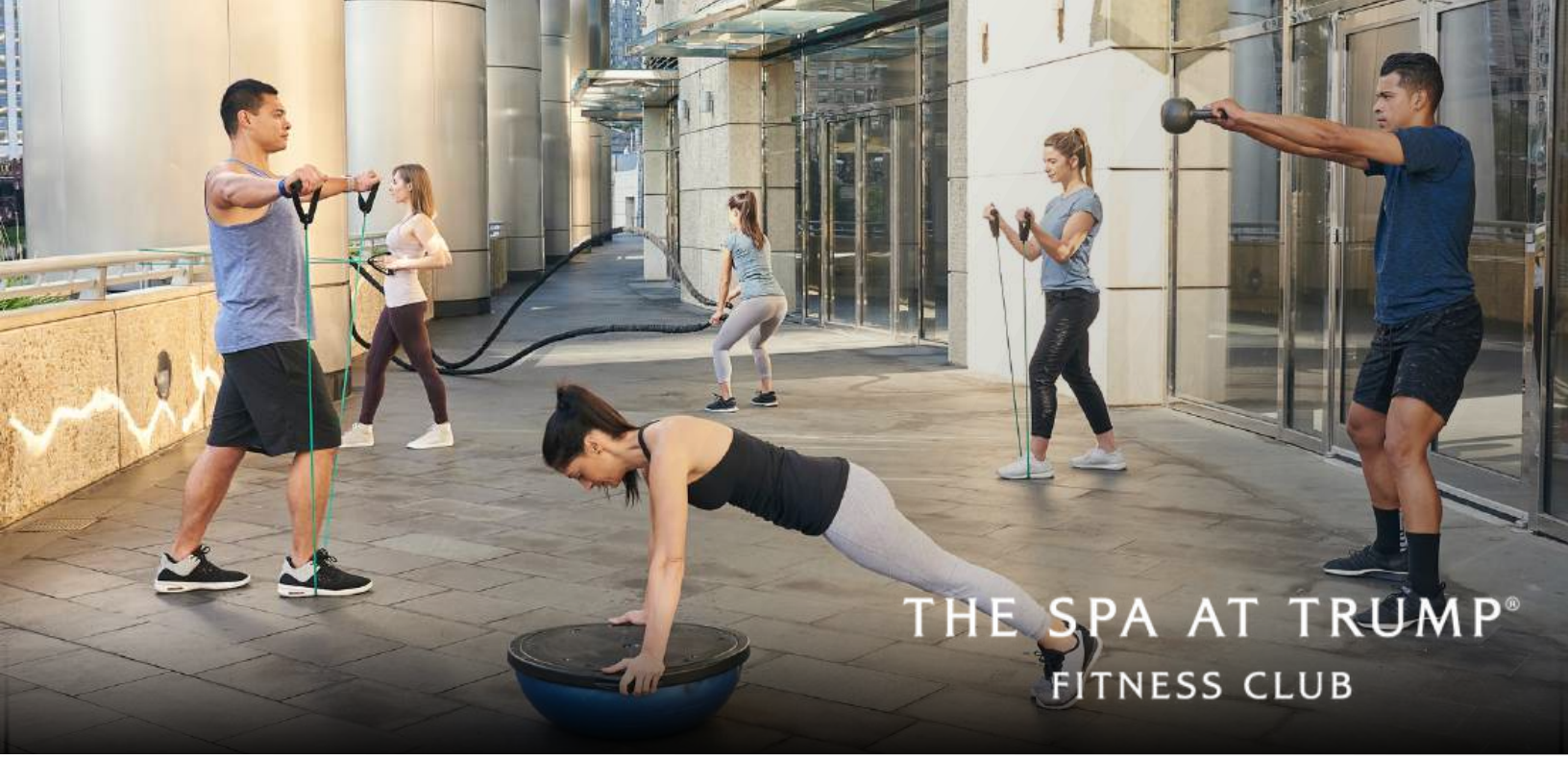


GET MOVING WITH YOUR FAVORITE TRAINERS

Group Ex Class Schedule | November 2026

SUNDAY
8:30 am: Sunday Circuits with Jay (Studio 1)
9:30 am: Sunday Vinyasa Yoga with Claire (Studio 2)

MONDAY
7:00 am: Functional Fitness with Jay (Studio 1)
10:00 am: Power Vinyasa Yoga with Anneta (Studio 2)

TUESDAY
6:00 am: Deep Tissue with Devon (Studio 1)
7:00am: Cardio Blast with Kaylla (Studio 1)
8:00 am: Vinyasa Yoga with Claire (Studio 2)
12:00pm: HIIT with Jeremy (Studio 1)

WEDNESDAY
7:00 am: Yoga Active Alignment with Anneta (Studio 2)
10:30 am: Active Aging Strength & Balance with Claire (Studio 1)
12:00 pm: Sweat Shop with Jay (Studio 1)
5:00 pm: Power Vinyasa Yoga with Kaylla (Studio 2)

THURSDAY*
6:00 am: Deep Tissue with Devon (Studio 1)
7:00 am: PowerLift Core Mastery with Kaylla (Studio 1)
8:00 am: Deep Stretch Yoga with Claire (Studio 2)

**In observance of Thanksgiving, there will be no classes on Thursday, November 26th.*

FRIDAY
7:00 am: Fit Flow with Jay (Studio 1)
7:30 am: Yin Restore and Meditation Yoga with Anneta (Studio 2)
12:00 pm: Functional Fitness with Jay (Studio 1)

SATURDAY
8:00 am: Strong & Fit with Candy (Studio 1)
9:00 am: Candy Crusher Bootcamp with Candy (Studio 1)
10:00 am: Stretch Max with Candy (Studio 1)

ALL CLASSES ARE SUBJECT TO CHANGE.
ALL CLASSES ARE 60 MINUTES IN LENGTH.
PLEASE NOTE THAT, FOR NON-MEMBERS, CLASSES ARE $30 EACH.

401 NORTH WABASH AVENUE, CHICAGO, IL 60611 | 312.588.8020 | TRUMPHOTELS.COM/CHICAGO/SPA

THE SPA AT TRUMP®
FITNESS CLUB

Active Aging Strength & Balance
A safe, supportive group fitness class designed to improve strength, balance, mobility, and overall confidence in daily movement. This class focuses on functional exercises to support longevity, independence, and quality of life.

Bootcamp
This class combines 4 or more exercises performed with short rest periods between movements for either a set number of repetitions or a prescribed amount of time. This strength-based class is aimed at increasing strength, muscle tone and definition.

Cardio Blast
Gear up for a fitness journey filled with high-octane energy! Our dynamic workout incorporates a variety of activities, including running, rowing, biking, jump rope, and more. Designed to elevate your heart rate and enhance your endurance.

CrossTrain Fusion
Achieve a total-body transformation through dynamic compound exercises that seamlessly merge cardio and strength training in this comprehensive fitness experience. Unleash the power of cross-training fusion to target every muscle group and elevate your overall fitness levels.

Deep Stretch Yoga
Deep Stretch yoga is a gentle, slow, still style of yoga that involves long, passive holds in a series of 4-6 restful poses. Great for after an intense workout.

Deep Tissue
Get loose as we dig deep into our bodies to rub out stubborn knots to promote blood flow, oxygen flow, and healthier limbs.

Fit Flow
A class designed to improve balance and increase strength through a hybrid of bodyweight and dumbbell movements.

Functional Fitness
Functional strength training class focused on compound exercises aimed to improve strength, coordination and balance.

HIIT
HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong.

Pilates Mat
A combination of Pilates and stretching, perfect for every age. It supports and enhances overall fitness, as well as your daily activities. Pilates focuses on improving core strength, flexibility, coordination, and balance in the body along with strength and flexibility in the back and spine.

PowerLift Core Mastery
Unleash unparalleled strength in a dynamic session where powerful lifts like deadlifts, squats, and bench presses seamlessly combine with targeted core exercises. Elevate your fitness journey, mastering the art of strength and sculpting a resilient core in this transformative workout experience!

Power Vinyasa
Combining invigorating vinyasa flow with strong yoga and soothing restorative poses at the end to balance the whole experience of balancing strength and mobility.

Pulse & Stretch Harmony
Indulge in a unique experience that seamlessly combines the therapeutic benefits of percussive therapy with calming stretches. Rejuvenate your body and mind as rhythmic massage and gentle stretching harmonize to create a holistic and relaxing fusion.

Sweat Shop
Mash up of cardio, core and strength training to ramp up metabolism burn fat and tone.

Sunday Circuits
A series of exercises performed in a circuit format targeting different muscle groups and aimed to improve strength and cardiovascular endurance.

Yin Restorative and Meditation Yoga
A slow paced combination of Yin Yoga, incorporating principles of traditional Chinese medicine, held for longer periods of time focusing on actively stretching deep connective issues (ligaments, tendons, and fascia) and Restorative Yoga using props to totally support the body, enabling the release of mind and body tension to restore flexibility and mobility followed by a short guided meditation.

Yoga Active Alignment
In this session we begin with spine alignment easy movement stretches into Sun Salutations followed by a standing flow sequence to work on standing postures. In the remainder of the class, spend time exploring poses to restore the body balance.