Reach Your Health and Fitness Goals

Classes are 45 minutes, and each seven-week session costs $85 for the same class (unless otherwise noted). For more information, call 630.909.8626

Core Fundamentals
Wednesdays – 11:00-11:45 am

Target your midsection while performing strengthening exercises in seated and standing positions. Exercises focus on improving lower back, abdominal and oblique muscles.

Total Body Workout
Tuesdays – 10:00-10:45 am

This circuit training class targets the main muscle groups with a cardio workout built in. The class uses a variety of equipment including resistance machines, weights, exercise balls and cardio machines.

Open Gym
Mondays, Wednesdays, Fridays – 12:00-1:00 pm
$45/one time per week; $90/two times per week; $135/three times per week

An independent workout class with a personal trainer present for consultation.

Better Balance
Wednesdays – 1:45-2:30 pm

In this class, individuals will perform a variety of balance drills and exercises that will challenge them in movements they perform daily. Better balance utilizes several different balance devices as well as integrating stretching into the workouts.

Personal Training Packages Available

Set, meet and reach beyond your goals with a personal trainer. Use various equipment and stretches to understand how your body responds to exercise and the positive impact exercise has on your health. Personal Trainer Frankie Greco will work with you to determine and achieve your fitness goals, beginning at your current fitness level.

Individual packages:

- 60-minute session - $60
- Six 60-minute sessions (for the price of five) - $300
- 12 60-minute sessions (for the price of 10) - $600
- 30-minute session - $30
- Six 30-minute sessions (for the price of five) - $150
- 12 30-minute sessions (for the price of 10) - $300

Marianjoy trainers Frankie Greco and Fetim Azemi help individuals of all ages and ability levels to achieve weight loss, increase their strength, and improve their flexibility, balance and cardiovascular ability.

Their professional credentials include:
- B.S. Exercise Science
- ACSM Personal Trainer
- NASM Fitness Nutrition Specialist (Frankie)
- ACSM Certified Inclusive Fitness Trainer (Frankie)