

Genoa Fitness

Health & Wellness Center

Personal Training • Group Fitness Classes • Kidz Zone • Nutrition • Massage & More!

A facility of the Genoa Township Park District

815.784.FITT







Group Fitness Class Schedule

New Year / Spring 2018

January - April

(815) 784 - FITT (3488)

This is a Master Schedule~ For monthly deviations call the FC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Morning	Morning	Morning	Morning	7:30-8:30 am
5:15-6:00 am <i>Spin Cycling</i>	NEW 5:00-6:00 am  <i>Sunrise BURN</i>	5:00-6:00 am <i>Mix It Up!</i> Spin & Mix		5:15-6:00 am <i>Spin Cycling</i>	Power X
9:00-10:00 R.E.P.S. Body Burner	NEW 6:05-7:05 am  <i>Morning CRUSH</i>	9:00-10:00 am 50 / 50 Spin & Refine	9:00-10:00 am Personal Training Class	NEW 9:00-10:00am HIT IT!	9:00-9:45am Beg. Yoga & Stretch
NEW 9:45-10:45am 50 / 50 Spin & Refine	9:00-10:00 am Personal Training Class	NEW 1:00-1:45pm S.T.A.R. Fit <small>*An SRA Special Event*</small>	10:15-11:00 Senior Fit Team	NEW 9:45-10:45am 50 / 50 Spin & Refine	10:00-11:00am <i>World Rhythms</i> 
Evening	Evening	Evening	Evening	Evening	Sunday
NEW 4:00-4:45  KIDZ NINJA WARRIOR FREE Transportation from G/K Schools to FC!	NEW 4:00-4:45 No Excuse X Spin & Tone	NEW 3:00-3:45  KIDZ NINJA WARRIOR FREE Transportation from G/K Schools to FC!	NEW 4:00-4:45 No Excuse X	NEW 6:30-7:30pm Vinyasa Yoga	8:45-9:45am Vinyasa Yoga
5:30-6:30 pm Power X	5:30-6:30 pm <i>Spin & Strength</i>	NEW 5:30-6:30 pm <i>Shape Shifter</i>	5:30-6:30 pm <i>Mix It Up!</i> Spin & Mix		
5:15-6:00 pm Learn to Spin! FREE! Instructional Please Sign Up	NEW 6:00-7:00 pm AFTERBURN	NEW 6:45-7:45 pm Dance Party 	6:30-7:00 pm Intro to PX, PT Free- Plz Sign Up		
6:00-6:30 pm <i>Beginner Spin Cycling</i>	NEW 7:15- 8:15 pm Yoga/Pilates Sculpt & FLY Anti - Gravity		6:15-7:15 pm R.E.P.S. Body Burner		
NEW 6:45-7:45 pm ROCK BODY BLITZ			7:30-8:30 pm "Power Y" Beg / Int		
Classes also available upon request: ~ Step Aerobics ~ Hoop Fit ~ Bootcamp ~ Aerobics ~ Other Ideas?					

SIGN UP EARLY to ENSURE a place in your class of choice.

LIKE DISCOUNTS??

- 1) Sign up a week BEFORE Session Starts in EARLY BIRD TIME to receive a \$5 or \$10 Discount!
- 2) Receive a "Fit 4 Life" \$5 or \$10 Coupon when in Multiple Classes!

Fitness Center Hours

Mon- Wed's: 5:00am – 10:00pm
 Thursdays: 5:00am – 9:00pm
 Fridays: 5:00am – 8:00pm
 Saturdays: 7:00am – 6:00pm
 Sundays: 8:45am – 2:00pm

Kidz Zone Hours

Please call to Reserve 2 hours ahead

Mondays: 8:30a-1:00/3:30-8:15
 Tues & Thurs: 8:20a-1:00/3:30-8:15
 Wed's: 8:30a-1:00 / 3:00 – 8:15
 Fridays: 8:30am – 1:00pm
 Saturday: 8:45am – 12:00pm
 Sunday: 10:00am – 12:00pm