

# 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

Fall 2018

August - December

(815) 784 - FITT (3488)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	
5:15-6:00 am Spin Cycling	<b>NEW</b>  5:00-6:00 am	5:00-6:00 am Mix It Up! Spin & Mix	9:00-10:00 am Personal Training Class	5:15-6:00 am Spin Cycling	7:30-8:30 am <b>Power X</b>
9:00-10:00 <b>R.E.P.S.</b> Body Burner	9:00-10:00 am Personal Training Class	9:00-10:00 am <b>50 / 50</b> Spin & Refine	10:15-11:00 <b>Senior Fit Team</b>	9:00-10:00am <b>HIT IT!</b>	9:00-10:00am 
	10:15-11:00 am <b>Senior Fit Team</b>	<b>NEW</b> 10:15-11:15 Yoga/Pilates Sculpt & FLY Anti - Gravity	<b>NEW</b> 11:15-12:15 Vinyasa Yoga Beg / Int	9:45-10:45 am <b>50 / 50</b> Spin & Refine	<b>Sunday</b>
<b>Evening</b>	<b>Evening</b>	<b>Evening</b>	<b>Evening</b>	<b>Evening</b>	
4:00-4:45 pm  <b>FREE</b> Transportation from G/K Schools to FC! *Kids can stay in Kidz Zone until late Pick-up!	<b>NEW</b> 4:00-4:45 <b>No Excuse X</b> Spin & Sculpt	2:30-3:15 pm  <b>FREE</b> Transportation from G/K Schools to FC! *Kids can stay in the Kidz Zone until late Pick-up!	<b>NEW</b> 4:00-4:45 <b>No Excuse X</b>		8:45-10:00am Vinyasa Yoga
5:30-6:30 pm <b>Power X</b>	5:30-6:30 pm Spin & Strength	<u>Want to Learn how to Spin Cycle?</u> Call for a Personal Appt!	5:30-6:30 pm Mix It Up! Spin & Mix		10:15-11:15am Vinyasa Yoga Beg / Int
5:15-6:00 pm <u>Learn to Spin!</u> <b>FREE!</b> Instructional Please Sign Up	6:00-7:00 pm <b>AFTERBURN</b>	5:30-6:30 pm <b>Shape Shifter</b>	6:30-7:00 pm <b>Intro to PX, PT</b> Free~ Plz Sign Up		
6:00-6:30 pm Beginner Spin Cycling	<b>NEW</b> 7:15-8:15 pm 	<b>NEW</b> 6:45-8:00pm Vinyasa Yoga	6:15-7:15 pm <b>R.E.P.S.</b> Body Burner		
<b>NEW</b> 6:45-7:45 pm <b>ROCK BODY</b> <b>BLITZ</b> Beg / Int					
<p><b>Classes also available upon request:</b> ~ Step Aerobics ~ Hoop Fit ~ Bootcamp ~ Aerobics ~ Other Ideas?</p>					
<p><b>SIGN UP EARLY</b> to ENSURE a place in your class of choice.</p> <p><b>LIKE DISCOUNTS??</b></p> <p>1) Sign up a week BEFORE Session Starts in EARLY BIRD TIME to receive a \$5 or \$10 Discount!</p> <p>2) Receive a "Fit 4 Life" \$5 or \$10 Coupon when in Multiple Classes!</p>					
<p><b>Fitness Center Hours</b></p> <p>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</p>					
<p><b>Kidz Zone Hours</b></p> <p>**Please call to Reserve 2 hours ahead**</p> <p>Mon, Tue &amp; Thur's: 8:30a-12:00 / 4:00-8:15 Wed's: 8:30a-12:00 / 3:00 – 8:15 Fridays: 8:30am – 12:00pm Saturday: 8:45am – 12:00pm Sunday: 10:00am – 12:00pm</p>					