

# 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 / Winter 2019

(815) 784 – FITT (3488)



\*Call the Fitness Center for Summer Changes\*\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Morning	Morning	Morning	Morning	7:30-8:30 am <b>Power X</b>
5:15-6:00 am <i>Spin Cycling</i>	5:00-6:00am 	9:00-10:00 am <b>50 / 50 Spin &amp; Refine</b>	5:00-6:00am  7:00-8:00am 	5:15-6:00 am <i>Spin Cycling</i>	9:00-10:00am  <b>&amp; Tone</b>
<b>NEW</b> 9:00-10:00 am <b>HIT IT</b>	9:00-10:00 am <b>Personal Training Class</b>	<b>NEW</b> 11:00-12:00  <i>Chair Yoga</i>	9:00-10:00 am <b>Personal Training</b>	9:00-10:00am <b>L.I.F.T.</b> <i>Lean-Isolate-Firm-Tone</i>	10:15-11:15am 
10:15-11:00 am <b>Senior Fit Team</b>	10:15-11:00 am <b>Senior Fit Team</b>		10:15-11:00am <b>Senior Fit</b>	9:45-10:45am <b>50 / 50 Spin &amp; Refine</b>	11:30-12:30 
Evening	Evening	Evening	Evening	Evening	<b>Sunday</b>
3:30-4:15 pm  <b>LIL TITANS</b>	4:00-4:45 pm <b>No Excuse X Spin &amp; Sculpt</b>	2:30-3:15 pm  <b>LIL TITANS</b>	4:00-4:45 pm <b>No Excuse X Full Body Fat BURN!</b>	6:15-7:15pm 	8:45-10:00am <b>Vinyasa Yoga</b>
4:20-5:00 pm  <b>Lit Tykes</b>	<b>NEW</b> 5:00-5:30 pm 	3:30-4:15 pm  <b>Lit Tykes</b>	5:30-6:30 pm <b>Mix It Up! Spin &amp; Sculpt</b> <i>Int / Adv</i>		10:15-11:30am <b>Vinyasa Yoga</b>
<b>FREE</b> Transportation from G/K Schools to FC!		<b>FREE</b> Transportation from G/K Schools to FC!			
5:30-6:30 pm <b>Power X</b>	5:30-6:30 pm <i>Spin &amp; Strength</i>	5:30-6:30 pm <i>Shape Shifter</i>	6:15-7:15 pm <b>R.E.P.S.</b> <i>Body Burner</i>		
5:15-6:00pm <i>Learn to Spin</i>		6:15-7:00 pm  <b>S. S. A.</b> <i>Speed / Strength / Agility</i>	6:45-7:45 pm <b>Mix It Up! Spin &amp; Sculpt</b> <i>Beg / Int</i>		
6:00-6:30 pm <i>Beginner Spin Cycling</i>	6:00-7:00 pm <b>AFTERBURN</b>				
6:45-7:45 pm <b>ROCK BODY BLITZ</b> <i>Beg / Int</i>	<b>NEW</b> 7:15-8:15 pm 	6:45-8:00 pm <b>Vinyasa Yoga</b>	Call for Personal Intro Classes for any Format! <b>Free- Plz Sign Up</b>		

**SIGN UP EARLY** to ENSURE a Spot!  
**LIKE DISCOUNTS??**  
1) Sign up a week BEFORE Session Starts for EARLY BIRD TIME \$5 or \$10 Discount!  
2) Receive a "Fit 4 Life" \$5 or \$10 Coupon when in Multiple Classes!

**Fitness Center Hours**  
 Mon- Weds: 5:00am – 10:00pm  
 Thursdays: 5:00am – 9:00pm  
 Fridays: 5:00am – 7:15\*/ 8:00pm  
 Saturdays: 7:00am – 5:15\*/ 6:00pm  
 Sundays: 8:45am – 1:15\*/ 2:00pm  
**Kidz Zone Hours**  
 \*\*Please call to Reserve 2 hours ahead\*\*  
 Mon/Tu/Th: 8:30a-12:00 / 4:00-8:15  
 Weds: 8:30a-12:00 / 3:00 – 8:15  
 Fridays: 8:30am – 12:00pm  
 Sat: 8:45am – 12:00 Sun: 10:00am – 12