

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

Winter Fit Class Schedule

Mon Oct 25th - Sun Dec 20th, 2020

(815) 784 - FITT (3488)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Morning	Morning	Morning	Morning	
5:15-6:00am <i>Sunrise</i> Spin Cycling NEW	8:30-9:30 am Personal Training Class	NEW 5:00-6:00 am <i>Sunrise BURN</i>	8:30-9:30 am Personal Training Class	5:15-6:00 am <i>Sunrise</i> Spin Cycling NEW	7:30-8:30 am Power X
7:00-8:00am <i>Morning CRUSH</i>	10:15-11:00 am Senior Fit Team	5:15-6:00am <i>Cycle X</i> Int / Adv	10:15-11:00am Senior Fit Team	9:45-10:45am 50 / 50 Spin & Refine	9:00-10:15am Vinyasa Yoga
9:45-10:45am 50 / 50 Spin & Refine					
Evening	Evening	Evening	Evening	Evening	Sunday
5:30-6:30 pm Power X	5:00-5:30pm <i>Learn to Spin</i>	3:30-4:15 pm <i>LIL TITANS</i>	5:30-6:15 pm NEW Pilates NEW Pump		
5:15-6:00pm <i>Learn to Spin</i>	5:30-6:30 pm 50 / 50 Spin & Refine	NEW 5:30-6:30 pm <i>Shape Shifter</i>	6:30-7:15 pm Cardio Kickboxing		
6:00-6:30 NEW Beginner Spin Cycling	5:30-6:30 pm ZUMBA BURN IT UP!	NEW 6:45-7:45 pm R.E.P.S. Body Burner	7:00-8:00 pm <i>Mix It Up!</i> Spin & Sculpt		
6:45-7:45 pm ROCK BODY BLITZ Beg / Int	6:45-8:00 pm Vinyasa Yoga				

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: 5:00am – 1:00 / 3:00 – 9:00pm & All Members

Wed. *Closed 1-1:30 (for cleaning)
*1:30-3:00pm--Seniors & High Risk

Tues: 8:00am – 1:00 / 3:00 – 9:00pm & All Members

Thurs. *Closed 1-3 (for cleaning)

Fridays: 5:00am – 12:00 / 3:00-7:00p All Members

*Closed 12-1:30 (for cleaning)
*1:30-3:00pm--Seniors & High Risk

Saturdays: 7:00am – 2:00pm

Sundays: 9:00am – 2:00pm

Kidz Zone Hours

Please call to Reserve at least 2 hours ahead

Mon - Thurs: 9:00am – 12:00/4:30 – 8:15p

Fridays: 9:00am – 12:00pm

Saturdays: 9:00am – 12:00pm

*7:30a Available if need - Must Call Friday!

We take the Health & Safety of our GFC Community & Employees VERY Seriously! WE ALL DEPEND ON EACH OTHER – Please take extra precautions to protect each other & our loved ones!

- All Members Must wear a mask to enter building, check in, and until workout area is reached. (**No mask is worn while working out**)
- Please maintain social distancing of 6ft, or a mask must be worn.
- Please use Antibacterial upon entering and leaving the facility (stations supplied). Also use consistently during your visit.
- Each person will have their own Disinfectant Cleaning bottle- Use **before & after** using any equipment or touching anything in the facility. Use 1 cleaning towel per equipment (supplied).
- Extra Ventilation – Smaller Class Sizes – Strict Cleaning Protocols

DO NOT COME TO THE FACILITY IF YOU HAVE COVID SYMPTOMS OR POSSIBLE EXPOSURE!!