

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 #2 2021
Fit Class Schedule

(815) 784 – FITT (3488)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Morning	Morning	Morning	Morning	
5:15-6:00am <i>Sunrise Spin Cycling</i>		NEW 5:00-6:00 am <i>Sunrise BURN</i>		5:15-6:00 am <i>Sunrise Spin Cycling</i>	7:30-8:30 am Power X
NEW 7:00-8:00am Morning CRUSH	8:30-9:30 am Personal Training Class	5:15-6:00am <i>Cycle X</i> Int / Adv	8:30-9:30 am Personal Training Class	NEW 9:45-10:45am 50 / 50 Spin & Refine	9:00-10:15am <i>Vinyasa Yoga</i>
	10:15-11:00 am Senior Fit Team	NEW 9:45-10:45am 50 / 50 Spin & Refine	10:15-11:00am Senior Fit Team		
Evening	Evening	Evening	Evening	Evening	Sunday

5:30-6:15pm <i>Learn to Spin</i>	NEW 5:15-6:15 pm 50 / 50 Spin & Refine	3:30-4:15 pm <i>LIL TITANS</i>	NEW 5:30-6:15 pm ZUMBA BURN IT UP!
NEW 5:30-6:30 pm Power X	NEW 5:30-6:30 pm HIT BOOT CAMP	NEW 5:30-6:30 pm <i>Shape Shifter</i>	NEW 6:30-7:15 pm Cardio Kickboxing
NEW 6:15-7:15pm <i>Beg/Int Spin</i> 50 / 50	NEW 6:45-8:00 pm <i>Vinyasa Yoga</i>	6:45-7:45 pm R.E.P.S. Body Burner	7:00-8:00 pm 50 / 50 Spin & Refine
NEW 6:45-7:45 pm <i>Rock Body Blitz</i> Beg / Int			

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 / 1:30 – 9:00pm
&	All Members
Wed.	*Closed 1-1:30 (for cleaning)
	*1:30-3:00pm--Seniors & High Risk
Tues:	8:00am – 1:00 / 1:30 – 9:00pm
&	All Members
Thurs.	*Closed 1-1:30 (for cleaning)
Fridays:	5:00am – 12:00 / 1:30-7:00p
	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!!