

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

Happy New Year ~ New You!

Fit Class Schedule 2022

(815) 784 – FITT (3488)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Morning	Morning	Morning	Morning	
5:15-6:00am <i>Sunrise</i> Spin Cycling	8:30-9:30 am Personal Training Class	5:00-6:00 am NEW <i>Sunrise</i> BURN	8:30-9:30 am Personal Training Class	5:15-6:00 am <i>Sunrise</i> Spin Cycling	7:30-8:30 am Power X
8:30-9:30am Morning CRUSH	10:15-11:00 am Senior Fit Team	5:15-6:00am <i>Cycle X</i>	10:15-11:00 am Senior Fit Team	9:45-10:45am 50 / 50 Spin & Refine	
NEW 11:30-12:30pm Senior Spin		9:45-10:45am 50 / 50 Spin & Refine	NEW	11:30-12:30p Senior Spin	
Evening	Evening	Evening	Evening	Evening	

5:30-6:30 pm Power X	5:30-6:30 pm 50 / 50 Spin & Refine	3:30-4:15 pm LIL TITANS	NEW 5:45-6:15pm <i>Learn to Spin</i> Free Instructional
6:15-7:15pm 50 / 50 Spin & Refine	NEW 6:00-6:45 pm ZUMBA BURN IT UP!	NEW 5:30-6:30 pm Vinyasa Yoga	NEW 6:30-7:15 pm Cardio Kickboxing
NEW 6:45-7:45 pm ROCK BODY Beg / Int		6:45-7:45 pm R.E.P.S. Body Burner	

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 & Wed:	5:00am – 9:00pm
Tues & Thurs:	8:00am – 9:00pm
Fridays:	5:00am – 7:00p
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 by 3:00 or earlier to arrange!

The Genoa Fitness Center has had ZERO virus spread in our Facility since re-opening from Quarantine!! Our Protocols WORK! Thank you for your efforts!

- Please wear a mask to enter building, check in, and in locker rooms ("common areas"). **NO mask is worn while working out**
- Please maintain social distancing of 6ft without mask.
- 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!!