

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

Spring / Summer 2022
Fit Class Schedule

(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 5:15-6:00am Cycle X	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 	10:15-11:00 am Senior Fit Team	NEW 10:30-11:30a Aqua Fitness (June 15 – Aug 3)	NEW	9:15-10:15am 60 / 60 Spin & Refine	
NEW 11:30-12:30pm Senior Spin				11:30-12:30p Senior Spin	
Evening	Evening	Evening	Evening	Evening	
5:30-6:30 pm Power X	NEW 5:30-6:30pm Aqua Fitness (June 14 – Aug 2)	3:30-4:15 pm 	5:30-6:15 pm 	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!	
6:00-6:30pm <i>Learn to Spin Cycle</i> Instructional Class <i>*Other Times Avail*</i>	6:00-7:00pm 60 / 60 Spin & Refine	5:30-6:30 pm Vinyasa Yoga	6:30-7:15 pm Cardio Kickboxing		

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!

It's Time to Get Back to YOU!!

The professional Team at the Genoa Fitness Center is offering **FREE Fitness / Health Consultations** to our Community Members to help set up Health & Fitness Plans & Guidance navigating a Success Plan back to Health, Fitness, A Strong Immune System, Weight Loss, etc.

Be Your Best YOU! 😊 **Look & Feel Great!**

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