

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 2022
Fit Class Schedule

(815) 784 – FITT (3488)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Morning	Morning	Morning	Morning	8/16/22
5:15-6:00am <i>Sunrise Burn Spin Cycling</i> 11:30-12:30pm <i>Senior Spin Cycling & Strength</i> 12:45-1:30pm <i>Senior Spin Beginners</i>	10:15-11:00 am Senior Fit Team	9:30-10:30 am Transform Bring Out the BEST in Yourself	8:30-9:30 am Complete Body 10:15-11:00 am Senior Fit Team	5:15-6:00 am <i>Sunrise Spin</i> 9:30-10:30am Power Hour Spin & Sculpt 11:30-12:30p <i>Senior Spin & Strength</i> 12:45-1:30pm <i>Senior Spin Beginners</i>	<div style="border: 2px solid black; padding: 5px; text-align: center;"> Sunday </div>
6:00-7:00pm Burn & Sculpt Spin Cycling +	5:30-6:30pm Energy Boost! Spin & Trim Free! <u>Learn to Spin Cycle</u> Instructional Class *Call to Schedule	3:30-4:15 pm LIL TITANS 5:30-6:30 pm Vinyasa Yoga	5:30-6:15 pm ZUMBA BURN IT UP! 6:30-7:15 pm Cardio Kickboxing	<div style="border: 1px solid black; padding: 5px;"> 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! </div>	
Evening	Evening	Evening	Evening	Evening	

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!!

Call to Reserve your Spot!
 (815) 784- FIT T (3488)
FIRST CLASS FREE!
 Call for Details!



8/16/22

NEW
SWEAT

ADV/INT

MAX Cardio / Progressive Toning / ABS / Muscle Confusion

(Strength, Work, Endurance, Action, Train!)

MIX IT UP in this **Weight Training/Toning & Great Cardio** workout with a fusion of the BEST exercises! Each week profiles a different approach to the body to create a great calorie Burn, Cross Training & Muscle Confusion. Class uses variety, new styles & approaches! Instructor works out with the class as the class keeps moving and works together to maximize calorie burn and a full body workout.

NEW
Transform Bring Out the BEST in Yourself ❤️

ALL FITNESS LEVELS

Cardio / Toning / ABS / FUN / Calorie Burn

This class is designed to guide you towards Transforming to your **Best You!** Using a combination of dumbbells, bars, bands and other fitness tools, this class combines Fat Burning exercises with a focus on Strength Training, Sculpting, Losing Inches, and Increasing your Metabolism. Measure your successes as you become Lean and Stronger!

NEW
Complete Body 🦋

ALL FITNESS LEVELS

Cardio / Toning / ABS / FUN / Calorie Burn

Get your day started Right with this Instructor Led Full Body Class! A diverse variety of exercise equipment & exercise variations will be used to continue to challenge your body and give you a Full Body workout including Abs & Core. Burn Fat, Strengthen, Sculpt and Feel Great. Make Thursdays your Favorite Days! ❤️

Vinyasa Yoga

INT/ADV

Toning/ Flexibility/ Core/ Soul-Filling

Flowing from one yoga pose to another in harmonizing succession. Increase your strength and flexibility; release blocked or stagnant energy, enhance your balance & align your body, mind & spirit. A discipline you can do the rest of your life!!

Spin Cycling!

BEG/INT/ADV

ENERGY!!! Max Fat Burn / Progressive/Cardio / Max Calorie Burn

Fantastic & Extremely Efficient! You Can Burn up to 1400 Calories if you would like! Cross-training workout in a class setting with everyone on a specialized Spin Bike jamming to great music! **Shed Fat & Fire up your Energy. YOU ARE IN CONTROL OF YOUR RESISTANCE!** Modifications to make it as hard or easy as you would like! **DIFFERENT FORMATS FOR INDIVIDUAL NEEDS!!** Class size is Limited~ Sign up EARLY! **Learn to Spin: INSTRUCTIONAL:**

Class teaches you how to Spin & What to expect from a Class. **MUST DO BEFORE SPINNING IN CLASS**

❤️ **Beginner Spin:** 30 Minutes of Beginning / Int Level Spin ☺️

❤️ **Spin Cycling:** 45 Minutes of Beg / Int / Adv Spin

❤️ **Spin & Strength:** 45 Min. Spin & 15 Min. Sculpting

❤️ **Burn & Sculpt/ Energy Boost/ Power Hour:** High Energy Classes with 30+ Min. Spin Cycling & 30 Min. Full Sculpting & Abs!

❤️ **Senior Spin Cycling** 30 Min. Spin / 20 Min Strengthening & Balance

NEW
Senior Spin Cycling! 😊

BEG/INT/ADV

ENERGY!!! Fat Burn / Heart & Lung Strengthening

Take the **FREE** Learn to Spin Cycle Individualized, Instructional class & see if this new class works for you! Our Seniors are SO much stronger, have MORE ENERGY & Stamina, & have strengthened their Hearts and Lungs. Increase Circulation, Stretch, Feel Great, have Fun w/ great music & Instruction, Improve your skin ~ the benefits are endless! 😊

Senior Fit Team *Feel Great!*

BEG/INT

Fun / Toning / Strengthening / Stretching / Burn Calories

Come join us as we have fun in class! We will be moving, stretching, & strengthening muscles; as well as improving balance, bone strength, and quality of life! Move to the oldies with minimal impact movement styles in a **standing or seated setting**. Improve your mind-body connection!



BEG/INT/ADV

Cardio / Toning / ABS / FUN / Calorie Burn

Come join an Around-The-World, High Energy Dance Fitness Class that blends a wide variety of dance forms & musical styles!! Lose yourself in the rhythm & challenge your body to new levels as you laugh & sweat! All fitness levels welcome and accommodated

NEW
Cardio Kickboxing

BEG/INT/ADV

Cardio / FUN/ Core Toning / Calorie Burn

Kickboxing is a good form of cardiovascular exercise and has been shown to improve participants' oxygen and decrease resting heart rate while combining martial arts techniques with fast-paced cardio. This high energy workout challenges the beginner and elite athlete alike.