

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 2023! New Year~New You!

Fit Class Schedule

(815) 784 – FITT (3488)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Morning	Morning	Morning	Morning	Morning
5:15-6:00am Sunrise Burn Spin Cycling	NEW 9:15-9:55am Fab Abs!	NEW 5:00-6:00am Mix it Up! Full Body/Core	NEW 8:00-9:00am Complete Body	5:15-6:00am Sunrise Spin	NEW 8:30-9:30am Pilates Lean
NEW 9:00-10:00am BootyCamp	9:15-10:00 Senior Fit Team #2	6:30-7:30am Rise & Burn Spin + Strength	9:15-10:00am Senior Fit Team #2	9:30-10:30am Power Hour #1 Spin & Sculpt	NEW 10:00-11:00 Arial Trapeze Fitness & Core
11:30-12:30 Senior Spin & Strength	10:15-11:00am Senior Fit Team #1	9:30-10:30am Transform Bring Out the BEST in Yourself	10:15-11:00am Senior Fit Team #1	10:00-11:00 Power #2	11:30-12:15 Creative Kids Fitness
12:30-1:15 Spin Cycling Beg / Int	11:15-12:00 Start Strong Beginner / Int (Chair or Stand)	Free! Learn to Spin Cycle Instructional Class	11:15-12:00 Start Strong (Chair or Stand)	11:30-12:30 Senior Spin & Strength	
Evening	Evening	Evening	Evening	Evening	Sunday
5:30-6:00pm Energy Boost! Spin Cycling	6:00-7:00pm Burn & Sculpt Spin Cycling +	3:30-4:15pm Creative Kids Fitness	5:30-6:15pm ZUMBA BURN IT UP!	12:30-1:15 Spin Cycling	Any First Class Free for You & a Friend! Call to Schedule
NEW 6:15-6:45pm Burn Baby Burn Spin	Free! Learn to Spin Cycle Instructional Class *Call to Schedule	5:30-6:30pm Vinyasa Yoga	NEW 6:30-7:30pm Mix it Up! Full Body/Core		
6:15-7:15pm SWEAT		7:00-8:00pm Arial Trapeze Fitness & Core			

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 – Thurs:	5:00am – 9:00pm
Fridays:	5:00am – 7:00p
Saturdays:	7:00am – 4:00pm
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

*If you need special coverage, please call

SUSPENDED AEROBIC FLOOR TO CUSHION YOUR LEGS & FEET! 😊

The Professional Team at the Genoa Fitness Center offers **FREE Fitness / Health Consultations** to our Community Members to set up Individualized Success Plans.

You do NOT need to be a Member of the Genoa Fitness Center to participate in our Fitness Classes & Programs!

The Genoa Fitness Center has had **ZERO** virus spread in our Facility. Our Protocols WORK!
 Please **DO NOT** come to the Facility if you are sick or have had Exposure. Thank you!

Call to Reserve your Spot!
FIRST CLASS FREE!
Call for Details!



3/8/2023



SWEAT (Strength~Work~Endurance~Action~Train!) **ADV/INT/BEG** **MAX Cardio/ Progressive Training /ABS**

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.

NEW Transform Bring Out the **BEST** in Yourself ❤️ **ALL FITNESS LEVELS** **Cardio / Toning / ABS / FUN / Calorie Burn**

Transform to your **Best You!** 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!

NEW Complete Body 🙌 **ALL FITNESS LEVELS** **Cardio / Toning / ABS / FUN / Calorie Burn**

Make Thursdays your Favorite Day w/this Instructor Led Full Body Class! ❤️ A diverse variety of exercise equipment & variations are used to challenge your body & give you a Full Body Fat Burn, Strength & Abs & Core blast!

NEW BootyCamp **BEG/INT/ADV** **Body Sculpting / ABS / FUN / Calorie Burn**

This class focuses on strong muscle control, sculpting and Ab/Core work to tone your muscles and increase strength and metabolism. Slow controlled movements will strengthen and challenge your body to a different place.

Vinyasa Yoga **BEG / 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!!

NEW Pilates Lean **BEG/INT/ADV** **Toning / ABS / Flexibility /Core & ABS**

Sculpt your muscles, Abs & Core into a long, lean, sculpted body! Mat-based Pilates focuses on strength, stability, posture, proper breath control, and flexibility. An emphasis on challenging the Core and balancing out the muscle structure. 😊

NEW Fab Abs! This awesome class focuses on everything Abs & Core!! See and Feel the Difference!! 😊

NEW Ariel Trapeze Fitness & Core
A SUPER creative way to workout! Tone your body, ABS & Core, Decompress your spine and gain flexibility, Mind/Body Control & Confidence. 😊

Spin Cycling! **Class size is Limited~ Sign up EARLY!** **BEG/INT/ADV** **ENERGY!!! Max Fat Burn / Cardio**

One of the BEST workouts we have ever found! A Fantastic & Extremely Efficient workout to strengthen your Heart & Lungs, **FUEL YOUR ENERGY**, Bolster your Immune System & Shed Fat! Everyone is on a specialized Spin Bike jamming to great music! **YOU ARE IN CONTROL OF YOUR RESISTANCE!** As hard or easy as you would like!

❤️ **Learn to Spin INSTRUCTIONAL:** Class teaches you how to Spin & What to expect from a Class. **MUST DO BEFORE SPINNING IN CLASS** ❤️ Either Spinning Only or Spinning with Strength Training & ABS!

NEW Senior Spin Cycling! 😊❤️ **BEG/INT/ADV** **ENERGY!!! Fat Burn / Heart & Lung Strengthening**

Change your Life & Turn Back the Clock!! 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 & Lungs! Increase Circulation, Stretch, Feel Great, have Fun w/ great music & Instruction. 😊

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**.

NEW Start Strong! **BEG/INT** **Cardio / Toning / ABS / FUN / Calorie Burn**

This awesome class meets you where you are today & helps you start your Fitness Journey in a safe, effective way with **LOTS of encouragement!** Standing or seated, every part of your body will be exercised as you learn about great exercise 😊

ZUMBA
BURN IT UP!
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!

NEW Creative Kids Fitness Keep our kids MOVING and having FUN with this awesome, creative Kidz Class combining Fun, obstacles, fitness techniques and a lot of laughter 😊 Teaching the next generation that movement is fun & rewarding!!