

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 2023
Fit Class Schedule

(815) 784 – FITT (3488)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Morning	Morning	Morning	Morning	Morning
<p>5:15-6:00am Sunrise Burn Spin Cycling</p> <p>NEW 9:30-10:30am BootyCamp</p> <p>11:15-12:15 Senior Spin & Strength</p> <p>12:15-1:00pm Spin Cycling Beg / Int</p>	<p>NEW 9:15-10:00am Start Strong Beginner / Int (Chair or Stand)</p> <p>10:15-11:00am Senior Fit Team</p>	<p>9:30-10:30am Transform Bring Out the BEST in Yourself ❤️</p> <p>NEW 10:45-11:30am CHAIR YOGA STRETCH & BALANCE</p>	<p>NEW 6:30-7:30am Rise & Burn 🔥 Spin + Strength</p> <p>NEW 9:15-10:00am Start Strong Beginner / Int (Chair or Stand)</p> <p>10:15-11:00am Senior Fit Team</p>	<p>5:15-6:00am Sunrise Spin</p> <p>9:30-10:30am Power Hour Spin & Sculpt</p> <p>10:40-11:10am Fab Abs!</p> <p>11:15-12:15 Senior Spin & Strength</p> <p>12:15-1:00pm Spin Cycling Beg / Int</p>	<p>NEW 7:30-8:15am Weekend Burn 🔥 Spin Cycling</p> <p>8:30-9:30am Pilates Lean</p> <p>NEW 10:00 -11:00a Yin Yoga Serene Stretch</p> <p>11:15-12:00 Kids Yoga 😊 Parents Free</p>
Evening	Evening	Evening	Evening	Evening	
<p>5:30-6:00pm Energy Boost! Spin Cycling</p> <p>6:15-7:15pm SWEAT (Full Body Strength/Endurance)</p>	<p>6:00-7:00pm Burn & Sculpt Spin Cycling +</p> <p>Free! <u>Learn to Spin Cycle</u> Instructional Class *Call to Schedule</p>	<p>3:30-4:15pm Creative Kids Fitness</p> <p>NEW 5:30-6:30pm Yin Yoga Serene Stretch</p> <p>7:00-8:00pm Arial Yoga Fitness & Core</p>	<p>5:30-6:15pm ZUMBA BURN IT UP!</p> <p>6:30-7:30pm Mix it Up! Full Body/Core</p>	<p>LIKE DISCOUNTS??</p> <p>1) Sign up a week BEFORE Session Starts for EARLY BIRD TIME \$5 or \$10 Discount!</p> <p>2) Receive a "Fit 4 Life" \$5 or \$10 Coupon when in Multiple Classes!</p>	
Fitness Center Hours					
Mon – Thurs: 5:00am – 9:00pm					
Fridays: 5:00am – 7:00pm					
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 a Manager to arrange 😊					

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!

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



10/15/23



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!

BoofyCamp **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.

NEW Yin Yoga **NEW Chair Yoga** **BEG / INT/ADV** **Toning/ Flexibility/ Core/ Soul-Filling**

A practice of supported static stretching that incorporates principles of ancient Chinese Medicine & targets the deep connective tissues in our bodies to promote lengthening, relaxation, flexibility & healing at a deep level. It's an exceptional way to ease & release deeply held tension in the physical body, release stress, somatically explore the brain body connection & release internal stagnation.

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 Yoga Fitness & Core
A **SUPER creative** way to workout! Tone your body, ABS & Core! Decompress your spine and gain flexibility 😊 FUN!

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 😊



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!

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!!