

Genoa Fitness

Health & Wellness Center

Personal Training • Group Fitness Classes • Kids Zone • Nutrition • Massage & More!

A facility of the Genoa Township Park District

815.784. FITT

Group Fitness Class Schedule

New Year ~ New You 2024!

Fit Class Schedule

(815) 784 – FITT (3488)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Morning	Morning	Morning	Morning	Morning
<p>NEW</p> <p>It's a New Week ~ Let's do this!! 😊</p> <p>9:30-10:30am Booty Burn</p> <p>11:15-12:15 Senior Spin & Strength</p> <p>12:15-1:00pm Spin Cycling Beg / Int</p>	<p>5:15-6:00am Sunrise Burn Spin Cycling</p> <p>6:30-7:30am Rise & Burn Spin + Strength</p> <p>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>11:00-11:45am CHAIR YOGA STRETCH & BALANCE</p>	<p>NEW</p> <p>5:15-6:00am Sunrise Burn Spin Cycling</p> <p>9:15-10:00am Start Strong Beginner / Int (Chair or Stand)</p> <p>10:15-11:00am Senior Fit Team</p>	<p>NEW</p> <p>9:30-10:30am Power Hour #1 Spin & Sculpt</p> <p>10:00-11:00am Power Hour #2 Sculpt & Spin</p> <p>11:15-12:15 Senior Spin & Strength</p> <p>12:15-1:00pm Spin Cycling Beg / Int</p>	<p>NEW</p> <p>7:30-8:15am Weekend Burn Spin Cycling</p> <p>8:30-9:30am Pilates Core</p> <p>10:00-11:00am Yin Yoga Serene Stretch</p> <p>11:15-12:00 Kids Yoga 😊 Parents Free</p>
Evening	Evening	Evening	Evening	Evening	
<p>NEW</p> <p>5:30-6:00pm Energy Boost! Spin Cycling</p> <p>6:15-7:00pm BarreFusion @ Park Dist Bld</p> <p>6:30-7:30pm SWEAT</p>	<p>6:00-7:00pm Burn & Sculpt Spin Cycling +</p> <p>Free! Learn to Spin Cycle Instructional Class *Call to Schedule</p>	<p>NEW</p> <p>3:30-4:15pm Creative Kids Fitness</p> <p>5:45-6:30pm Yin Yoga Serene Stretch</p> <p>7:00-8:00pm Arial Yoga</p>	<p>NEW</p> <p>5:15-6:15pm DanceFit Cardio Plus</p> <p>6:30-7:30pm Mix it Up! Full Body/Core</p>	<p>NEW</p> <p>5:45-6:45pm Slow Flow Yoga ❤️</p> <p>7:00-7:45pm Mindfully Zen Meditation 1st Fri of each Month</p>	

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 – 7:00pm
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	

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!