

Spring/Summer 2018

Genoa Park District



Swimming Lessons
Page 8



Season Pool Passes
Page 12



SUMMER CAMP!
Page 10

Fitness Center Success Stories Inside!

"All I can say is Trust the Process"
- Lisa Bennett

Full story Page 18

"If you're reading this, then there's a chance you have an inkling to change. Let me add to your encouragement!"
- Laura Devine

Full story Page 22

See Full Fitness Schedule on Page 31



Genoa Fitness Center

Check out our NEW Website
www.genoaparkdistrict.com



GFC Kidz Zone Playland

First Visit FREE!

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PRSRRT STD
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GENOA TOWNSHIP PARK DISTRICT
400 E. 2nd St. • Genoa, IL 60135
(815) 784-5612 • www.genoaparkdistrict.com

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From the Executive Director

Happy Spring & Summer to everyone. I am looking forward to the warmer weather and spending more time outdoors.

We have some exciting things happening at the Park District. We finished Phase 1 of our Chamberlain Park Enhancement Project that included adding a new Sand Volleyball Court, Bocce Ball Court and a Concrete Baggo Court. Phase 2 will be starting soon which will be renovating and rebuilding our existing skate park. Our existing skate park is almost 20 years old and is past due for a makeover

Another exciting project was the development of a new District Website that just recently launched. The new Website is much user friendly, easier to read, more aesthetically pleasing and make on-line registration much easier to use. We are very excited about being able to offer this to the community and have already gotten a lot of positive feedback on it..

We will be offering our popular programs, facilities and events. One of the most popular places in town in the summer is our Swimming Pool that features 2 waterslides, kiddie pool area, and a splash pad. Also check out our great programs held in our pool including swim lessons and Gator Swim Team. If you want to keep shape in the summer, you can join our state of the art 14,000 sq foot Fitness Center and make sure to check out all the great classes and events they have to offer. If you working parents are looking for a safe and fun place for your kids to go while you are at work, check out our Summer Day Camp Program.

Please check out our Spring/Summer Brochure for all of our offerings and events and if at anytime you have a question, comment, concern, etc; please feel free to contact me at 815-784-5612 or you can email me at pbafia@genoaparks.com.



Sincerely,
Paul Bafia
 Executive Director

Mission Statement

The Genoa Township Park District, through its staff, programs, services and facilities seeks to enhance the quality of life and the environment; to acquire, conserve and protect natural resources and to provide leisure time opportunities for the benefit of the citizens and families in our community.

Board of Commissioners

Megan JohnsonPresident
 Gerald BusseVice President
 Judy ThompsonTreasurer
 Kevin SeisserSecretary
 Virgil Hammersly, Antonio Amaya
 and Mike Franckowiak.....Commissioners
 Board meetings are held the first and third Mondays at 7:00 pm in City Hall. The public is welcome to attend.

Administration Office

400 East 2nd Street – Chamberlain Park, Genoa, Illinois 60135
 Phone: 815-784-5612 • Fax: 815-784-5051
Office Hours: Monday through Friday 8:30 am – 5:00 pm;
 Office will be closed 5/28, 7/4 & 9/4
Email: info@genoaparkdistrict.com
Website: www.genoaparkdistrict.com

Genoa Fitness Center

Located at 333 E. First Street, above police station, west side entrance. Phone: 815-784-F I T T (3488) Please see pages 16 - 31 for more information regarding the Genoa Fitness Center or
Email: info@genoafitnesscenter.com

Park District Staff

Paul Bafia, Executive Director • pbafia@genoaparks.com
 Doug Kenney, Superintendent of Recreation
 dougk@genoaparks.com
 Sandra Rease, Office Manager/Aquatic Supervisor
 • sandir@genoaparkdistrict.com
 Wendy Barthel, Kids Club and Chamberlain Daycamp Director
 • wendyb@genoaparkdistrict.com
 Jeanine Manser, Preschool Director • jeanine@genoaparkdistrict.com
 Holly Ber, Fitness Center Director • hollyb@genoafitnesscenter.com
 Kristi Dunn, Fitness Center Management • kristid@genoafitnesscenter.com
 Victoria Rozell, Fitness Center Management • victoriar@genoafitnesscenter.com

Genoa Township Park Foundation

The Park Foundation is a not-for-profit organization that was formed to enhance the physical, recreational, educational and cultural life of an individual and the community. The foundation develops financial support through grants, trusts, memorial donations and sponsorships; promotes use of recreational resources and services; increases recreational and educational programs offered; and holds and conveys land for future development of public parks. As we plan for our future, we continue to look to the past for inspiration. Growing together, we can create a new foundation for our children, our children’s children and for our community. For additional information please contact Judy Thompson at 815-784-5989.

Americans With Disabilities Act

The Genoa Park District welcomes the opportunity to assist individuals with disabilities. If you need any accommodations due to a disability, please contact the park district office at 815-784-5612.

Kishwaukee Special Recreation Association

The Kishwaukee Special Recreation Association (KSRA) is a joint effort between DeKalb, Genoa, Sycamore, Sandwich and Rochelle Park Districts to provide recreational programs for individuals with disabilities. KSRA provides aides for individuals participating in programs and offers programs designed for individuals with special needs such as Camp Maple Leaf, an integrated summer camp. KSRA serves individuals with and without disabilities in the member communities regardless of age, ability, race or gender. For additional information please contact the Park District office at 815-784-5612 or KSRA Executive Director, Julie A. Eggleston 773-777-7284. See page 12 for programming.

Through this partnership, KSRA works to provide additional training to park district staff and when necessary, an inclusion companion to assist the registrant within a Park District program. For more information regarding inclusion Services, please contact Julie Eggleston at KSRA jeggleson@kishsra.org or 773-777-7284.

Requesting Assistance: if you would like to request assistance for a Genoa Park District Program, or are unsure if you may require one, in order to provide the best customer service, please notify the park district at least (2) two weeks prior to the start of the program. For requests received after that time frame, the best efforts will be made to accommodate the registrant. You may indicate this request on your registration form, verbally if registering in person, or if registering online send an email to pbafia@genoaparks.com.
 Accommodations at Public Meetings: The Genoa Park District welcomes the opportunity to assist residents and visitors with disabilities who would like to attend a Genoa Park District public meeting. If you require assistance please email pbafia@genoaparks.com. Other accessibility information and requests please contact the Genoa Park District, email pbafia@genoaparks.com

Financial Assistance Program

Financial assistance is available to individuals or families who cannot afford the full cost of a program or service. Amount of assistance provided is based on income and number of family members. For additional information and to set up an appointment contact Paul Bafia at 815-784-5612. Financial Assistance for Pre-School, Before and After School Care as well as Camp Chamberlain Summer camp is also available through 4-C and must be applied for through 4-C before applying for Park District Assistance. Contact Doug at 815-784-5612 ext 12 for 4-C information.

Partnership Opportunities

The Genoa Park District offers many youth activities and special events that require partnerships to keep costs at an affordable fee or to offer an activity at no cost. If you or your business/organization is interested in such a sponsorship, please contact the Park District office at 815-784-5612.

Area Organization

AYSO Soccer, Jason Haack, Facebook G-K AYSO 1284
 Genoa-Kingston Booster Club(815) 784-5111
 Genoa-Kingston Girls Softballwww.gkgirlssoftball.com
 Genoa-Kingston Boys Baseball,
 Ed Frye President www.gkbaseball.com
 G-K Broncoswww.gkbroncos.com
 Cheerleadingwww.gkbroncos.com
 G-K Mighty Cogs Football..... www.mightycogspopwarner.org

FACILITY RENTALS

Have your birthday party, reunion, shower or business function at the Recreation Center or at the **Genoa Fitness Center or GFC Kidz Zone**. Take advantage of our space. We have the tables, chairs and indoor accommodations.

Chamberlain Recreation Center - This facility can comfortably seat 100 for table seating. Restrooms are right there and a sink and microwave are available for use. A refundable deposit of \$150.00 is required. Resident discount (3 hours) \$90.00; each additional hour \$25.00. Non-resident (3 hours) \$135.00; each additional hour \$25.00

Administration Center – This facility can comfortably seat 50 for table seating. Restrooms are right there and the kitchen can be rented for an additional fee. A refundable deposit of \$100.00 is required. Resident discount (3 hours) \$50.00, with kitchen \$75.00; each additional hour \$20.00, with kitchen \$25.00. Non-resident (3 hours) \$75.00, with kitchen \$100.00; each additional hour \$20.00, with kitchen \$25.00

Shelters – Outdoor shelters in Kiernan and Chamberlain Park can be rented. Electricity is available at Chamberlain Park Shelters. Port-ables are located near the shelters. A refundable deposit of \$10.00 is required. Resident discount \$15.00 for the day, Non-resident \$22.50 for the day

GENOA FITNESS HEALTH & WELLNESS CENTER

The 14,000 square foot, State-of-the-art Fitness Center located at 333 E. First Street, above the police station, west side entrance. Genoa and Kingston residents have equal access. See Fitness Center information page inside this brochure for Fitness Center Amenities and a Full Fitness class schedule or call 815-784-FIT T (3488) for more information. **Facility, Conference room rentals, Birthday party and Kidz Zone rentals available at the Genoa Fitness Center.**

PARK SITES

Chamberlain Park – This well established park is 26 acres with a soccer field, 4 softball fields, skate park, 2 basketball courts, 3 baggo courts, bocce court, sand volleyball court, shelters and playgrounds. The Aquatic Center, Recreation Center and Administration Offices are also located in Chamberlain Park, 400 East Second Street.

Derby Line Park – 1 acre neighborhood park located on Secretariat and War Admiral Drives with a playground.

Durham Park – This half acre park is home to our community sign, gazebo and memorial brick pathway, landscaping and benches. Located at the intersection of Highway 72 and South Brown Street.

Genoa Woods – This natural area is 2.5 acres in size and is located on Oakview Lane.

Kiernan Park – This 43 acre park boasts 4 soccer fields a baseball field, shelter, playground and nature trail path. Located at 500 N. Locust St.

Lions Corner Park – This 6 acres of park includes playground, shelter, path, open recreation space, landscaping and benches. Located at Madison and Walnut Streets.

Riverbend Development—The Park District maintains three park spaces which include playground equipment with many other acres of open space.

PARK INFORMATION & EXPECTATIONS

- Please help keep your parks clean.
- Keep your pets leashed & curbed and pick up after them.
- No defacing property.
- Use play equipment safely.
- No alcoholic beverages or illegal drugs are allowed on park property.
- Parks are Police patrolled.
- Park in posted areas only. No vehicles allowed on playing fields.
- Parks close at dusk
- Adhere to 10 mph speed limit.

REGISTRATION INFORMATION

• Program fees must be paid at time of registration. Program fees may be paid by cash, check, Visa, Discover or MasterCard. There will be a \$15.00 fee for returned / non-sufficient funds checks.

• **Walk-in Registration is accepted at the Administration Office – 400 E. 2nd Street, Chamberlain Park.**

• **Fax Registration** is accepted with a Visa, Discover or MasterCard. Download a registration form from our website and fax in.

www.genoaparks.com **Fax: 815-784-5051**

• **Mail-in registration** is accepted with payment and will be processed when received. There is a mailbox located on the outside of the Administration Building.

• **Online Registration** is available for most programs. Visit us online at genoparkdistrict.com

• All programs have a minimum and maximum enrollment and are filled on a first paid basis. Please register by deadline date so we may determine if a class must be canceled or to make arrangements to accommodate a waiting list.

• The Park District reserves the right to cancel classes and make changes in the schedule and fees.

• Participants residing outside of the Genoa Township Park District boundaries are required to pay the non-resident fee if applicable.

• You will be notified of your registration only if the program has been canceled or filled.

• Our programs are available to all people of all ability levels. Anyone needing special accommodations should include this information on their registration form.

• The Park District strives for quality programs. If you are unsatisfied with a program please contact the office.

• Refunds – a refund request form must be completed for a refund to be considered. Refunds are considered on an individual basis. **NO REFUNDS ONCE A PROGRAM OR SESSION HAS ENDED. PLEASE NOTE OTHER REFUND GUIDELINES IN THE BROCHURE.**

• The Genoa Township Park District photographs and videotapes program participants. By registering for a program or involvement with an activity or event, the participant/guardian consents to use by the park district of her/his likeness in park district advertising, website and other uses related to park district marketing and programming.

• **Genoa Fitness Center Registration** done at Fitness Center, 333 E. First St. (West Side Entrance), Genoa.

Questions call 815-784-FIT T (3488).

RESIDENT OR NON-RESIDENT

The Genoa Township Park District charges a lower fee for residents of Genoa Township Park District and Riverbend Subdivision because the district is supported through local property taxes. Those persons living outside the boundaries and attending Genoa-Kingston School District may pay resident fees when programs are held at Genoa-Kingston Schools including Genoa Fitness Center. Individuals living outside the boundaries are required to pay the non-resident fee to apportion an equalizing fee to contribute to the overall financing of the park district on an equitable basis.

NON-RESIDENT MEMBERSHIP

A great opportunity to lower your cost of program fees, pool admissions, trip fees, etc. Individuals living outside of the Genoa Township Park District limit can pay a fee equivalent to what their tax contribution would be if living within the District boundaries. An annual membership fee is computed based on your home's assessed value and the Park District's tax rate. If you are interested in a membership, please bring in a copy of your most recent tax bill.



PARK WATCH

We need your help in keeping the parks, clean, safe and free of vandalism. If you find any broken equipment, or have any other safety concerns about the parks or facilities, please contact the Park District office at 815-784-5612. If you see vandalism occurring in the parks please contact the police department by calling 911. Thank you for your support in our efforts to provide the

residents of the Park District with quality park sites and facilities.

CHAMBERLAIN SKATE PARK RULES

Located in Chamberlain Park - Skate Park Hours: 8:00 am to dusk

- Skateboarding and In-line skating only.
- Skate Park is closed when ramps are wet.
- Bicycles are prohibited in the skate park.
- Participants only within the activity area.
- Personally owned ramps or similar devices are prohibited.
- Glass is prohibited.
- Caution: Skateboarding & In-line skating are high-risk recreational activities with inherent risks of serious injury.
- This facility is unsupervised & participants skate at their own risk.
- It is strongly recommended that all participants wear proper protective equipment.
- Please check the facility prior to using and report any items that need repair to the park district at 784-5612.
- Skate Park is closed when ramps are wet.
- Skate Park is under video surveillance.

Please be careful, courteous & have fun!

OOPS!

The Genoa Park District staff has made every effort to prepare this activity guide as accurately as possible. However, errors can occur. Circumstances may require that adjustments be made to program, fees, schedules, etc. The Park District reserves the right to make changes to correct typographical errors or omission that may or may not appear in this brochure. The District apologizes for any inconvenience these errors may cause.

BEHAVIOR AND ALCOHOL POLICY

- Alcohol is prohibited on all Park District property unless a special permit is granted.
- For the safety of your pet and others, please keep your pet on a leash at all times and clean up after your pet.
- Observe speed limits.
- Put waste in its place and use containers.
- Snowmobiling, off-road and off terrain vehicles are prohibited on Park District property.

PHOTO POLICY

The Genoa Park District and Genoa Fitness Center photographs and videotapes program participants. By registering for a program or involvement with an activity/event, the participant consents to use by

the Genoa Park District or associated entities of her/his likeness in Park District promotions and other uses.

CELL PHONE USE

The use of cell phones in Park District rest rooms or locker rooms is strictly prohibited. If caught seen using a cell phone you will be asked to leave park property. If inappropriate use of cell phone camera / video is observed, police will be called.

REFUND POLICY

Participants will receive full refund if they are dissatisfied with the program after the 1st class meeting. A refund request form must be submitted before the 2nd class meets to be eligible for the refund. Refunds can either be credited to your household account or mailed in check form upon request. Checks take approximately 2-3 weeks to process. **ABSOLUTELY NO CASH REFUNDS.** If you have an outstanding household balance, any refunds will be applied to that balance.

GENOA FITNESS CENTER TESTIMONIAL

I joined the fitness center a year ago. At that time I was welcomed in and had staff always willing to help with any questions I had and I enjoyed utilizing the center. I liked that the center was a friendly and clean environment.

In the fall I decided to join the 8 week meltdown along with signing up for several classes. The staff was helpful in advising me what classes would be most beneficial to me to reach my individual goals and encouraged me to push myself to get the most out of those classes. 2 weeks from the end of the meltdown I broke my ankle and felt very discouraged about not being able to finish the meltdown and losing the work I had already done. On the very first day that I walked in on crutches to talk to them about not being able to be in classes the staff was right there to help keep my spirits up and encourage me to keep going as my doctor would allow. They helped with modifications, going through the equipment I could still use without putting any weight on my foot, and most importantly my mindset and attitude making sure I stayed positive.

I continued to come in on crutches for 2-3 weeks and then in a cast for another 2 weeks and was always welcomed and encouraged by the staff. I continue now with classes and the staff is still helping with modifications in each class to help my ankle heal properly yet still give me a good workout to achieve my goals.

Since joining the fitness center I have been feeling much healthier and I am wearing clothes that did not fit a year ago. I also have more energy and a better outlook towards what goals I want to set for the future. **I would recommend the center to anyone that is looking to improve their health and well being!**

~ Jeri Slattery

CUBS VS VS BREWERS IN MILWAUKEE

Come watch your Chicago Cubs take on their rival to the north, the Milwaukee Brewers at beautiful Miller Park in Milwaukee. Sign up early, as these tickets will go fast. This is a joint trip with the Belvidere and Sycamore Park District's. Seats are located in Terrace Box Section 411 rows 1-4 IN THE SHADED SIDE OF THE STADIUM.

Ages: 15 & Under must be accompanied by an adult.
Date: Wednesday, June 13th. Game is at 1:10 p.m.
Registration Deadline: Wednesday, June 13th though tickets may sell out faster.
Depart: 8:30 a.m. from Chamberlain Park and will stay for duration of the game.
Fee: \$82 Resident Discount/\$87 Non-Resident

CUBS VS CINCINNATI REDS

Come watch the cubs take on the Cincinnati Reds at the beautiful confines of Wrigley Field. The tickets are located in Section 505 rows 4-8 and we will be taking a air-conditioned coach bus to the game. This is a cooperative trip with the Belvidere and Hampshire Park Districts and will be traveling with their additional Cubs Fans.

Ages: 15 & Under must be accompanied by an adult
Date: Saturday, August 25th, 1:20 p.m. Game
Registration Deadline: Tuesday, August 17th, though tickets will probably sell out faster.
Depart: 9:30 am from Chamberlain Park and will stay for duration of the game.
Fee: \$82 Resident/ \$87 Non-Resident

NEW! INTRO TO BALLROOM DANCING

Ballroom Dance is a general term for a variety of partner dances spanning many different styles. This class introduces the participant to dances like Waltz, Tango, Cha-cha and Swing, among others. Emphasis will be placed on the fundamentals of dancing, including foot placement, footwork, timing, and lead & follow, all in a fun social setting. No special shoes are necessary, but sneakers and backless shoes should be avoided. Couples and singles welcome – no partner required!

Times: Thursday Evenings – 6:30-7:30 pm
 Session 1 (6 weeks) April 26 - May 31
 Session 2 (6 weeks) July 5 - August 9
Location: Genoa Township Park District – Furthest door
Fees: \$30/\$50 Resident \$35/60 Non Resident

NEW! THEMED SOCIAL DANCE PARTIES!

Events start with a fun beginners group instruction class with Annie from 6:00-7:00pm, followed by refreshments, games, line dances, and hours of social dancing! Sockhop, Disco, and holiday themes are just a few of the fun ideas we have in store! No partner needed. All levels. Beginners welcome!

Multiple Friday and Saturday nights: 6:00-9:00pm
Dates: TBA ~ Call if interested in dates or for questions
Fees: \$10.00 per person
Location: Genoa Fitness Center

CANOE/KAYAK RENTAL

Yes you can rent canoes and kayaks from the Genoa Park District and enjoy a few hours on the Kishwaukee River. We have up to 4 canoes and Kayaks that may be rented during the week as well as weekends. The park district staff will drop you off and pick you up or you can transport the canoes and/or kayak on your own. You just need to pick the day (we request a one week notice for weekends and two days notice during the week) view the rules and register at the park district. The trip last approximately 1.5 to 2.5 hours and must be completed by 4:30 p.m. Life jackets are provided and must be worn. A \$100 deposit is required.

Cost Per Canoe: Resident/Non-Resident
Monday – Friday \$25.00/\$30.00 **Saturday & Sunday** \$30.00/\$35.00

ADULT FALL COED SOFTBALL

Join in on the fun with this recreational league. A 12 inch softball will be used and double-headers will be played on Sunday afternoons beginning September 9. We will be using "church league" rules – must have at least three women on the field at all time. Players must be 18 years of age.

Deadline is Friday, August 10. Team fee is \$250.00.
1st Eight paid teams will be accepted.

ADULT FALL COED VOLLEYBALL

Join in on the fun with this recreational Sand Volleyball League. Beginning Sunday, June 3rd. 12 Player Roster 6 play. Players must be 18 years of age. **Deadline is Friday, May 18** with a mandatory captain's meeting on Tuesday, May 22nd at 6:30 pm. Team fee is \$190.00. Sunday matches at 3, 4, 5 and 6. 1 Match per Sunday. If the Sunday league fills we will try and add an additional night.

1st Eight paid teams will be accepted.

GENOA FITNESS CENTER & KIDZ ZONE TESTIMONIAL



Who needs to go to the gym? Perhaps we all do but Motivation isn't always there. That's why I take classes at the Genoa Fitness Center because I would never push myself like they push me. All that to say hmmm now I'm watching grandkids. What do I do with them while I'm working out or is that a good excuse not to workout? Well I guess I can't get away with that one! The Kidz Zone at the Genoa Fitness Center is fantastic! The kids are always asking to go even if I'm not watching them.

UPDATE! My husband and I decided to take full control and change our Health! We are following a whole food plant based diet and I am exercising as usual. I have **lost 33 pounds**, am **off my heart medicines**, all of my numbers are in perfect range, and my **Cholesterol has gone DOWN 80 points!** My Husband has **lost 31 pounds** and is off his diabetes meds. We both had to buy new clothes! Lol We are close to retirement, and I need to tell you that **IT IS NEVER TOO LATE to make a change!!**

~Carol Glassie



Annie Hawkins
DanceFit
 (904) 613-3765
 dancefit.biz

INDIVIDUAL BALLROOM AND ALL STYLES OF DANCE PRIVATE LESSONS!

Times: Flexible
 Call for Details -904-613-3765





ALL STAR SPORTS

All Star Sports provides quality sports instruction to young children in a fun, safe and instructional manner to ensure their introduction to the world of sports is a positive experience for everyone. For more information, please visit All Star Sports online at allstarsi.com.

Weather Hotline: 630-584-2961

Session I | *NO CLASS 7/4

Jr. Soccer	Ages 3-4	M	Jun 11-Jul 23	5:15-6pm	RES \$55/NR \$65	2031001-01	Kiwanis Prairie Park
Jr. Soccer	3-4	M	Jun 11-Jul 23	6-6:45pm	RES \$55/NR \$65	2031001-02	Kiwanis Prairie Park
Jr. Soccer	5-6	M	Jun 11-Jul 23	6:45-7:30pm	RES \$55/NR \$65	2031001-03	Kiwanis Prairie Park
Skills Soccer	7-10	M	Jun 11-Jul 23	7:30-8:30pm	RES \$55/NR \$65	2031001-04	Kiwanis Prairie Park
Jr. Basketball	3-4	Tu	Jun 12-Jul 24	4-4:45pm	RES \$55/NR \$65	2031001-05	Community Center
Jr. Basketball	5-7	Tu	Jun 12-Jul 24	4:45-5:45pm	RES \$55/NR \$65	2031001-06	Community Center
Skills Basketball	7-9	Tu	Jun 12-Jul 24	6-7pm	RES \$55/NR \$65	2031001-07	Community Center
Skills Basketball	9-12	Tu	Jun 12-Jul 24	7-8pm	RES \$55/NR \$65	2031001-08	Community Center
Jr. All Star All Sports	3-4	W	Jun 13-Jul 25*	5:15-6pm	RES \$49/NR \$59	2031001-09	Kiwanis Prairie Park
Jr. T-Ball	3-5	W	Jun 13-Jul 25*	6-6:45pm	RES \$49/NR \$59	2031001-10	Kiwanis Prairie Park
Jr. T-Ball	6-9	W	Jun 13-Jul 25*	6:45-7:45pm	RES \$49/NR \$59	2031001-11	Kiwanis Prairie Park
Jr. Soccer	5-6	F	Jun 8-Jul 27	9-10am	RES \$62/NR \$72	2031001-12	Kiwanis Prairie Park
Jr. All Star All Sports	5-6	F	Jun 8-Jul 27	10-11am	RES \$62/NR \$72	2031001-13	Kiwanis Prairie Park
Jr. Golf	5-6	F	Jun 8-Jul 27	11:15am-12pm	RES \$62/NR \$72	2031001-14	Kiwanis Prairie Park
Jr. T-Ball	3-4	F	Jun 8-Jul 27	12:15-1pm	RES \$62/NR \$72	2031001-15	Kiwanis Prairie Park
Jr. Parent Tot Sports	2-3	Sa	Jun 9-Jul 28	9-9:45am	RES \$62/NR \$72	2031001-16	Kiwanis Prairie Park
T-Ball League	3-4	Sa	Jun 9-Jul 28	10-11am	RES \$73/NR \$83	2031001-17	Kiwanis Prairie Park
T-Ball League/Coach Pitch	5-7	Sa	Jun 9-Jul 28	11:10am-12:20pm	RES \$73/NR \$83	2031001-18	Kiwanis Prairie Park
Jr. Soccer	5-6	Sa	Jun 9-Jul 28	12:30-1:15pm	RES \$62/NR \$72	2031001-19	Kiwanis Prairie Park
Jr. Soccer	3-4	Sa	Jun 9-Jul 28	1:15-2:15pm	RES \$62/NR \$72	2031001-20	Kiwanis Prairie Park

Session II

Jr. Soccer	Ages 3-4	Tu Th	Aug 2-Aug 21	9:15-10am	RES \$49/NR \$59	2031002-01	Kiwanis Prairie Park
Jr. Soccer	5-7	Tu Th	Aug 2-Aug 21	10-11am	RES \$49/NR \$59	2031002-02	Kiwanis Prairie Park
Jr. Golf	4-6	Tu Th	Aug 2-Aug 21	11:15am-12pm	RES \$49/NR \$59	2031002-03	Kiwanis Prairie Park
Skills Golf	6-8	Tu Th	Aug 2-Aug 21	12-1pm	RES \$49/NR \$59	2031002-04	Kiwanis Prairie Park
Jr. All Star All Sports	3-4	Tu Th	Aug 2-Aug 21	4:15-5pm	RES \$49/NR \$59	2031002-05	Kiwanis Prairie Park
Jr. Soccer	4-6	Tu Th	Aug 2-Aug 21	5-6pm	RES \$49/NR \$59	2031002-06	Kiwanis Prairie Park
Jr. T-Ball	3-4	Tu Th	Aug 2-Aug 21	6-6:45pm	RES \$49/NR \$59	2031002-07	Kiwanis Prairie Park
Jr. T-Ball	5-7	Tu Th	Aug 2-Aug 21	6:45-7:45pm	RES \$49/NR \$59	2031002-08	Kiwanis Prairie Park

Junior Programs are designed to keep everyone actively moving, thinking, and having fun! Drills are hidden in fun games and terminology that kids can understand. It's a positive and fun experience no matter the sport.

Skills Programs add layers to each athlete's basic foundation to further advance their knowledge and enhance their skills set so that they can compete for travel, club level, or High School positions. Each session includes athletic conditioning with sport specific drills modified according to each child's age/ability. Athletes will learn to handle the pressures of competition by being introduced to the game situations.

Leagues provide a fun and safe environment for children to flourish in their desired sport. Our goals are to ensure confidence, a positive attitude and to make sure participants get the most out of their experience. We welcome beginners and children who have played before; no matter what their ability we will make a difference for the better. We stress the importance of teamwork and working together through every aspect of the game. Most of all, we stress how important it is to have fun.

GIRLS VOLLEYBALL GRADES 4 - 6

Bump, set and spike your way to a fun filled program. Girls will see improvement on their skills during practices and have fun playing and learning the game. We will have home and away games with the Hampshire Park District. Please write the participants shirt size on the registration form.

First Meeting/Practice: Tentatively Saturday, September 8th at 9:00 a.m.

Location: Middle School

Fee: \$65.00 resident, \$75.00 non-resident

VOLUNTEERS COACHES ARE NEEDED!!!

SUMMER T-BALL

A great program to introduce your children to the sport of baseball/ softball. Participants are taught the basics of the game – throwing, catching, batting and rules. Players will hit off a tee to ensure success. Soft baseballs will be used to ensure safety. Players should bring a glove and water bottle. All players will receive a t-shirt. Volunteer coaches are needed.

Ages: 3 - 5 yr olds

Day: Saturdays 10am

Session: June 16 – August 4

Location: Chamberlain Park

Fee: \$45.00 resident discount, \$50.00 non-resident

HORSEBACK RIDING LESSONS

Riding lessons are offered in a safe and enjoyable atmosphere. Learn safety rules, how to groom and tack a horse, basic horse science, and horse body language. Ride in a western saddle and learn a balanced way to ride. Marie Hoffman has been teaching riding lessons professionally for the past 44 years and is an expert in horse science. The farm features well trained SAFE horses and even an indoor arena with a heated viewing area. All riders must wear long pants and shoes or boots with heels. The weight limit for riders is #225 per the Humane Society.

Location: On Eagles Wings - Kirkland

Youth Lessons: Ages 9 – 16

Days: Saturdays

Session I: 4/28 – 5/19

Session II: 6/24 – 7/19

Fee: \$120 per rider

Time: 3:00 - 4:30 pm

Time: 2:30 - 4:00 pm

S.A.M.A. KARATE OF GENOA

S.A.M.A KARATE OF GENOA

Learn discipline, focus, self-confidence, coordination, fitness, self-defense and more through the study of kajukenpo/kajukenbo karate. Classes are taught by Sensei Shannon Marbutt (Head Instructor) and his assistants. Sensei Shannon has accumulated 30 years of martial arts training and teaching experience.

CHILDRENS CLASSES

Beginners (orange)

Mon/Wed 5:30-6:30pm • \$65 R / \$75 NR

Intermediate Class (yellow, green belts)

Mon 6:30-7:30pm & Wed 5:30-6:30pm
\$65 R / \$75 NR

Advanced Class (blue belt and higher)

Mon/Wed 7:30-8:30pm • \$65 R / \$75 NR

Tiny Dragons... Please note Tiny Dragons is

Wednesday night only....

5:00-5:30pm \$20 R / \$25 NR

(Class is for kids ages 3, 4 & 5 yrs not in kindergarten)

Sessions:

April 23 – May 30

June 11 – July 25 *No class 7/4

August 6 – Sept 12 *No class 9/3

ADULT CLASSES

Mon/Wed 8:30 -9:30pm • \$65 R / \$75 NR

WEAPONS CLASS

Wednesday 6:30-7:30 pm. • \$33 R / \$37 NR

Kids blue belt and higher/adults any rank. You must be enrolled in our karate program to be in this class. Students will learn how to use a variety of different karate weapons such as-- nunchakus, sai, bo, sword, Kali, and kamas.



Classes are held at Chamberlain Park Recreation Center, 400 East Second Street, Genoa
Uniforms as well as other equipment and belt testing are an additional fee payable to the instructor.

Genoa Park District Kids Klub After School Program



AGES: Kindergarten - 5th grade
TIME: Afterschool till 6:00 p.m.
WHERE: Genoa Elementary School

SAFE & FUN ENVIRONMENT
FUN ACTIVITIES FOR KIDS
GAMES - COLORING - CRAFTS
HOMEWORK TIME



Applications are available at the Park District & **MUST** be fully completed prior to beginning
There is a \$35.00 registration fee.

For more information or questions, contact Doug at Genoa Park District, 815-784-5612
or email him at dougk@genoaparks.com / Facebook @ Genoa Township Park District

Bus transportation provided from school to GES



The excitement!



Game On Activities:

- * Lessons on Nutrition
- * Learning Healthy Habits
- * Nutritious Snacks
- * Taste Tests of Different Foods
- * Monthly Themes
- * Make Healthy Snacks to Eat

Kids Klub is excited to expand our Wednesday Early Release Program. We are getting Bigger & Better! Our Staff has been trained in the *CATCH* program.

Kids Klub

Fit Kids



In Training



EARLY RELEASE WEDNESDAY AFTER SCHOOL CARE

Will you need care for your Kindergartener through 5th grade on Wednesdays? Be part of our Kids Klub program. The program will run from the release of school at 1:45 until 6:00 pm. This includes, Staff Costs, Healthy Snacks and other supplies...Now that's an investment towards your child's health!

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8

Games, S'mores & The Great Outdoors

It's Time for Summer Day Camp

Summer is just around the corner!

At the Genoa Park District, we create an exciting, safe environment for kids to have an unforgettable summer.

Summer Day Camp Adventures

DATES

Week #1—5/29-6/1 (4 days)	No field trip
Week #2—6/4-6/8	Santa's Village
Week #3—6/11-6/15	Russell Woods
Week #4—6/18-6/22	Blackberry Farm
Week #5—6/25-6/29	Discovery Museum
Week #6—7/2-7/6 (No Camp 7/4)	Camp BBQ
Week #7—7/9-7/13	TBA
Week #8—7/16-7/20	Rainforest Cafe
Week #9—7/23-7/27	TBA
Week #10—7/30-8/3	Camp Carnival
Week #11—8/6-8/10	Otter Cove Waterpark

FIELD TRIPS

Field Trips Subject to Change without Notice



Daily Summer Schedule

MAKE SOMETHING MONDAY
Science, Arts/Crafts, Building Challenges.

TASTE IT TUESDAY
Make Snacks, Taste different things, and Cook

WELLNESS WEDNESDAY
Kids in the Garden, Physical Activities, Sun Safety, Nutrition

TAKE A TRIP THURSDAY
Field Trip Day

FUN FRIDAY
Bring electronics and toys day



Canoeing
Gardening
Library Visits

Hiking
Swimming
Games/Crafts
Field Trips
Kids in the kitchen

and so much more...



Sign up NOW!

RATE INFORMATION

Resident—\$165/week; Addl. Child from same family-\$150
Non-Res—\$185/week; Addl. Child from same family-\$165
Camp Hours—7:00 a.m. to 6:00 p.m.
For fewer than 5 days, contact the Park District for payment schedule
Ages: Kindergarten-12 years of age.

PARKS & RECREATION... "Discover the Benefits"
400 East Second Street, Genoa, IL 60135
Contact Doug at (815) 784-5612 or email at dougk@genoaparks.com





Kids in the Kitchen



Join us one afternoon for a delicious lunch and dessert prepared by YOU! From the minute you walk in, to the minute you leave, we will have a hands on experience. You will be learning how to prepare the meal; prepare the dessert, set the table; make table settings; sit and enjoy your meal; and to clean up

MENU:

**Meal - Lasagna Roll-Ups with bread and butter
Dessert - Banana Pudding Cups**

Date: Wednesday, June 13, 2018
Time: 11:00am - 1:30pm
Place: Genoa Park District Main Bldg.
Ages: 5 - 12 years old

Fee: \$18.00 - Resident
\$22.00 - Non Resident

Please register online at www.genoaparkdistrict.com / or stop in the office.



Join us one afternoon for a delicious lunch and dessert prepared by YOU! From the minute you walk in, to the minute you leave, we will have a hands on experience. You will be learning how to prepare the meal; prepare the dessert, set the table; make table settings; sit and enjoy your meal; and to clean up

MENU:

**Meal - Create your own quesadilla
Dessert - Fruit Salsa with Cinnamon Chips**

Date: Wednesday, August 1, 2018
Time: 11:00am - 1:30pm
Place: Genoa Park District Main Bldg.
Ages: 5 - 12 years old

Fee: \$18.00 - Resident
\$22.00 - Non Resident

Please register online at www.genoaparkdistrict.com / or stop in the office.



S.T.E.M. Challenges Science, Technology, Engineering and Mathematics

Force & Motion
Stem Carnival



STEM activities for **KIDS**

Building Bridge
Challenge



Coding Lego Mazes

Join us to learn about the STEM process:
ASK - Define the Problem
IMAGINE- Brainstorm Solutions
PLAN- Make a Plan
EXPERIMENT- Test it Out
IMPROVE- Make it Better!



Catapults

Be STEM-Terrific!!! Explore, discover, take risks, make mistakes, improve & never give up!

Date: Saturday, June 2, 2018
Time: 12:30am - 2:30pm
Place: Genoa Park District Main Bldg.
Ages: 5 - 12 years old

Fee: \$18.00 - Resident
\$22.00 - Non Resident

Please register online at www.genoaparkdistrict.com / or stop in the office.

Date: Saturday, July 14, 2018
Time: 12:30am - 2:30pm
Place: Genoa Park District Rec. Bldg
Ages: 5 - 12 years old

Fee: \$18.00 - Resident
\$22.00 - Non Resident

Please register online at www.genoaparkdistrict.com / or stop in the office.

2018 POOL RATES

Purchase by the listed dates for even larger savings!

RESIDENT RATES - GENOA

	Regular	Until 4/30/18 (10% off)
Individual	\$73.00	\$65.70
Family of 2	\$114.00	\$102.60
Family of 3	\$156.00	\$140.40
Family of 4	\$198.00	\$178.20
Family of 5	\$239.00	\$215.10
Each additional	\$42.00	\$37.80
Seniors 65 & Older	\$35.00	\$31.50

NON RESIDENT RATES

	Regular	Until 4/30/18 (10% off)
Individual	\$124.00	\$111.60
Family of 2	\$181.00	\$162.90
Family of 3	\$238.00	\$214.20
Family of 4	\$295.00	\$265.50
Family of 5	\$352.00	\$316.80
Each additional	\$57.00	\$51.30
Seniors 65 & Older	\$55.00	\$49.50

*DISCOUNTED NON RESIDENT RATES (Hampshire, Marengo, Kingston)

	Regular	Until 4/30/18 (10% off)
Individual	\$98.00	\$88.20
Family of 2	\$148.00	\$133.20
Family of 3	\$197.00	\$177.30
Family of 4	\$246.00	\$221.40
Family of 5	\$295.00	\$265.50
Each additional	\$49.00	\$44.10
Seniors 65 & Older	\$45.00	\$40.50

AQUA FIT

Join our Aqua Fitness Class and use your own body weight and other Resistance & Training Modalities to Tone your Body while you enjoy the water and open air! Enjoy NO IMPACT for your joints while you Improve Tone, Increase Energy, Improve your Flexibility, and Renew your Spirit. Excellent for Individuals with Fibromyalgia, undergoing Pregnancy or experiencing Restrictive Injuries.
(There is no classes the week of the 4th of July)

Classes Run: June 18 – August 2

Days/Times: Mondays and/or Wednesdays 10:30-11:30am
Tuesday Evenings 5:00-6:00pm

Fee: Please contact the Fitness Center for more info 815/784-3488
Drop ins are welcome

SPECIAL EVENTS

FATHER'S DAY

Bring your dad to the pool for some fun in the sun. Dad will get in free with a paid child admission. Let's have some fun playing games and swimming on this special day with dad.

4TH OF JULY CELEBRATION

In honor of our country's independence all of our active and veteran military members get in for free. (Must show military I.D.) The pool will close at 5pm for the day.

VIP NIGHT

Join us July 20th for our Take me out to the Ball Game VIP night swim 6-9. This night is an exclusive night for all our pool pass holders. Enjoy the evening with food, DJ, and pool.

TEACHER TUESDAY

Teachers bring in your teacher I.D. and admission is free for you. Thanks for everything you do.

PACK THE POOL WEDNESDAYS

Bring in a canned good for \$1.00 off daily admission. All donations will go to the Genoa Food Pantry.

\$3.00 THURSDAYS*

During the entire pool season admission is only \$3.00 for everyone.

FRIDAY NIGHT FLOAT NIGHTS

Every Friday evening from 7-9 pm you can bring in see thru rafts, tubes, and beach balls.

SIZZLING SATURDAY SAVINGS

\$1.00 off daily admission every Saturday.

DIAMOND BACK BAND

Join Diamond Back at the pool as they make their public debut. Come show your support and hang with them poolside.

June 15 - 8:00 - 9:00 pm Rockin the start of Summer
August 10 - 8:00 - 9:00 pm End of Summer Bash

We will have a Diamond Back Pool Special from 8:00-9:00 pm. Entry into the pool will be \$2.00 for everyone. No slides will be on at this time, but feel free to float and enjoy the sounds of Diamond Back. Concessions will be available.

DATES TO REMEMBER

May 26 First day the pool opens
May 28 Open 12:00-5:00
June 6, 7 and 8 Open 12:00-5:00
June 9 CLOSED ALL DAY
July 4 Open 12:00-5:00
August 14 Last day the pool will be open

LAP SWIM

Monday and Wednesday - 5:00 pm- 6:00 pm Fee: \$2.00 Res / \$3.00 Non Res

WATER WALKERS (Great for Seniors)

Looking for some quiet time at the pool? Enjoy an empty, quiet pool for just walking laps. We have stairs for easy enter and exit and an ADA chairlift. We will happily provide noodles and kick boards for the extra work out. No registration required. If you'd like to stay for open swim, the daily admission fee will be required.

Fridays ONLY - 11:00 am- Noon Fee: \$2.00 Res / \$3.00 Non Res

GATORS SWIM TEAM

The Genoa Gators is for children 7-18 who love to have fun and want to improve the swimming skills in a fun, supportive and laid back atmosphere.

We STRONGLY encourage swim lesson experience prior to joining the team. Regular swim meets will be held against surrounding communities traditionally on Thursday evenings. Parent volunteers will be required at each practice and swim meet. Prior to the season, we will hold evaluations for new swimmers only. (Time and date TBD)

A parent information meeting and swim suit try on will be **May 2** at 6:30 pm. * Date and time subject to change. Please follow facebook or online at genoaparkdistrict.com for updates. Please plan on attending this meeting.

Practices will begin June 4 starting at 9:00 am.

Registration will begin on April 4.

LAST day of registration and swim suit try on will be **May 25**. We will not accept any registrations or suit orders after **May 31**.

Practices:

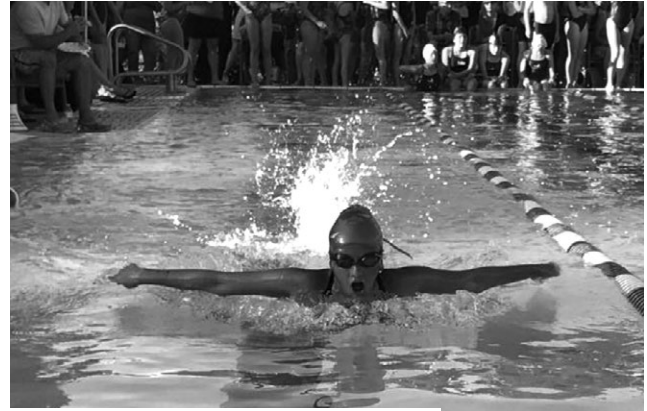
All ages: Monday – Thursday 8:45-10:00 am

Fees: \$115.00 Resident/\$135.00 Non-Resident

Additional family Members...\$50.00 Resident/ \$70.00 Non-Resident

When the season is complete, there will be a \$20.00 refund to parents who met their volunteer requirements throughout the season. (2 practices and 2 meets)

Swim Meet dates and times: TBA



CHAMBERLAIN PARK POOL

Chamberlain Park Pool is located at 400 East 2nd Street near Chamberlain Park. There are two separate pools within the facility and both pools are heated to an average of 82 degrees but can vary due to weather conditions.

The wading pool has a zero depth entry to 2 feet and has a slide for the young tots. Depth in the main pool ranges from 3 ½ to 9 feet with the "Drop Zone" slide that provides excitement for older kids and adults. In addition, there is an 18 foot high with 120 linear feet flume slide that drops into 3 ½ feet of water. You can also enjoy our Splash Pad with multiple water features for kids of all ages. Our concession stand provides a variety of items for your appetite.

WADING POOL/SPLASH PAD HOURS:

Ages 7 and Under Accompanied by a parent or guardian 16 yrs or older
Monday – Friday: Opens at 11:00 am

CONCESSION STAND HOURS:

Monday – Friday: 12:00-4:30 pm
Sunday: 2:00-5:00 pm

MAIN POOL HOURS:

Monday –Saturday: 12:00-5:00 pm
Monday – Friday: 7:00-9:00 pm
Sunday: 1:00-6:00 pm

DAILY FEES

Resident	Non-Resident
Over 48" \$5.00	Over 48" \$8.00
Under 48" \$4.00	Under 48" \$7.00
2 and Under Free	2 and Under Free
65 and Older \$2.00	65 and Older \$4.00



POOL RENTALS

Invite your friends to celebrate your birthday, plan a corporate/ business event or do you just want to have the pool to yourself? Then a pool rental is for you. Rentals are available on Saturday evenings 6:00 – 9:00 pm. and Sundays 6:00 – 8:00 pm. Reservations must be secured with a \$75 deposit with two weeks advance notice. A rental agreement must be completed and signed. Resident discount cost is \$50 per hour plus staff cost. Non-resident cost is \$75 per hour plus staff cost. Staff cost will vary depending upon the number of swimmers and facilities requested. Book now as dates fill up quickly. No rentals will be taken on June 9th.

SWIM LESSON INFORMATION

Chamberlain Park Pool provides swim lessons based on skills and not age. If your child has participated in lessons here in the past, there are records of which level he/she has completed. Please note that each child will have different abilities and will learn at his/her own pace. The instructors will do their best to accommodate each participant's skill level within the first 2 lessons.

Learn To Swim Program for children starting at age 5.

Level I: Water Exploration –Children learn basics of swimming: bobbing, floating in prone and supine positions, gliding in prone and supine positions, flutter kick in prone and supine positions, front crawl, basic safety rules, and jumping in.

Level II: Primary Skills - Children should already be able to: float on front and back and put head under water. Children will work on: floating, gliding, flutter kick, front crawl, back crawl, turning over from front to back and back to front, retrieving object, and jumping into water over their head.

Level III: Stroke Readiness - Children should already be able to: swim front and back crawl. Children will work on: gliding, front crawl, back crawl, elementary backstroke, retrieving object underwater, treading water, and jumping into deep water.

Level IV: Stroke Development - Children should already be able to: swim front and back crawl 10 yards, elementary backstroke, and dive in kneeling and compact position. Children will work on: deep water bobbing, rotary breathing, front crawl, back crawl, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, breaststroke, rotary kicks, and diving in stride and standing positions.

Preschool Aquatics: For children ages 3-4. Designed to orient preschool-age children to the aquatic environment and to begin working on basic aquatic skills such as enter & exit the water, blow bubbles through mouth & nose, go under water, bobbing, front & back glides, retrieve submerged objects and learn how to stay safe in the water.

Please let us know when you register, what level you think is appropriate for your swimmer.

Lessons are instructed in cool and windy weather and are only canceled due to severe weather or mechanical issues. The pool water is kept at 82 degrees, but may vary due to weather or mechanical conditions. Make ups will be held on Fridays for the morning session at normal times only if the park district cancels. Evening make ups will be determined based on pool availability. You will be notified by your next scheduled lesson when the makeup will be. No make ups will be issued for sickness or vacations. If weather is questionable, and you are unsure if lessons are being held, please call 815/784-5612 no sooner than 30 minutes prior to your scheduled lesson OR sign up for our remind text. Send a text to **81010** with a message that says **@lesson2018**. If the park district cancels, you will receive a text message 30 minutes before your lesson is scheduled to begin. **This will be the only form of communication we will use for cancellations/changes/updates.**

Parents are asked to sit in the concession area during your child's lesson. Like a school setting, children perform better when they are able to give full attention to their instructors. On the last day, parents are invited to the pool deck to take pictures and see what your child has learned.

SWIM LESSONS SCHEDULE 2018

MORNING Monday - Thursday

Session I: June 18 - June 28

Session II: July 9 - July 19

Session III: July 23 - August 2 (11:00 am ONLY)

Ages 5 & up

Time: 10:10-10:55

11:00-11:45

Fees: \$60.00/\$70.00

Preschool Ages 3-4

Time: 10:10-10:40

11:00-11:30

Fees: \$50.00/\$60.00

EVENING LESSON SCHEDULE:

Session I: June 18 - June 28 (M, Tu, W & TH both weeks)

Ages 5 & up

Time: 6:00-6:45

Fees: \$60.00/\$70.00

Preschool Ages 3-4

Time: 6:00-6:30

Fees: \$50.00/\$60.00

Session II: July 9, 10, 11, 16, 17, 18, 23 and 24

Ages 5 & up

Time: 6:00-6:45

Fees: \$60.00/\$70.00

Preschool Ages 3-4

Time: 6:00-6:30

Fees: \$50.00/\$60.00

Session III: July 30, 31, August 1, 6, 7 and 8

Ages 5 & up

Time: 6:00-6:45

Fees: \$42.50/\$52.50

Preschool Ages 3-4

Time: 6:00-6:30

Fees: \$30.00/\$40.00

PARENT/TOT LESSON SCHEDULE:

Dates: June 19, 26, July 10, 17, 24, 31, Augusts 7

Ages 6 months-36 months

Day/Time: Tuesdays 5:30-6:00

Fees: \$6.00/\$7.25 each class

You can sign up for all of them or for a few of them. YOU decide:)

******Please note, the last day we will accept registrations for swim lessons is the Thursday prior to the start of the new session******

FREE SWIM LESSON DAY

Have you thought about lessons and were unsure? Never had lessons before? Come to our free swim lesson day to see if lessons are right for you and your little one. Meet the instructors and how they work. Each instructor has past swimming experience and/or taught lessons before, worked with kids and has gone through swim lesson training. Pre-registration is required. **Registration deadline is June 7.**

Ages: 3-12

Date: June 13

Time: 11:00-11:30

Where: Chamberlain Park Pool

Fee: FREE

**KREATIVE KIDS
PRESCHOOL
(2018-2019)
SCHOOL YEAR
PROGRAM**



You're child will be excited to find out what is in store for them each day. Teachers assist in nurturing your child's social, emotional, physical and intellectual growth through play. Children will have the opportunity to engage in:

- Literacy
- Math
- Science
- Dramatic Play
- Construction
- Sensory/Art

Creative Movement Teachers encourage school-readiness including curiosity, independence, problem solving, critical thinking and self regulation.

Children must be the appropriate age by September 1, 2018 and must be able to take care of their own bathroom needs. We do not allow pull ups.

Preschool Director, Jeanine Manser would be happy to answer any questions you may have. You can reach her by calling 815/784-5612 or email jeaninem@genoaparkdistrict.com

Ages: 3 – 4
Days: Tuesday/Thursday
Time: 9:00 – 11:30 am
Registration fee: \$35.00 non-refundable
Monthly fee: \$65.00 resident discount, \$75.00 non-resident

Ages: 4-5 (will be starting kindergarten in 2019)
Days: Mondays, Wednesdays and Fridays
Time: 9:00 – 11:30 am
Registration fee: \$35.00 non-refundable
Monthly fee: \$90.00 resident discount, \$100.00 non-resident month

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. FIT T



The Summer Slim Down Begins!
Tone up, lose inches, feel great!
75% Off Join Fee By May 1, 2018
50% Off Join Fee By June 15, 2018
 See Coupon Page for Trial Offers



◆ **New 14,000 SF State-of-the-Art Facility!**

◆ **New 2,500 SF FIT KIDZ Playground!** ◆

- 2,500 SF Kidz Zone Play Center with Large Play Structure, Wii Fitness, Sports Activities, Full Supervision, Organized Fitness & Learning Activities, Fitness & Health Education made FUN, Protected TOT Area
- ◆ **Top of the Line Suspended Classroom Floor!!!** Feel the difference immediately!!
- **Over 32 Fitness Classes per Week** including Spin Cycling, Aerobics, Step, Yoga, Pilates, Zumba, Total Body Conditioning, Kickboxing, Boot camp Training, Group Personal Training/Circuit Training & More
- ◆ **Walking/Running/Stroller Indoor Track!** ◆ **Showers & Locker rooms** ◆ **Lounge & Juice Bar**
- **Free** Equipment Instruction for Every New Member & Continuing Education for All
- **All New** Cardio, Weight Training, Free Weight Equipment, Full Body Specialized Cybex Toning & Strength
- **IFI ADA Accredited** Weight Training & Cardio Equipment with Wheel Chair Accessibility
- ◆ **All New Specialty Cross-Training, AB/Core Training & Personal Training Equipment** including Octane Seated Elliptical, Lateral Helix Trainer, Precor AMT (All Motion Trainer), Jacob's Ladder, Ab Coaster, Cortex Balance & Multi Trainer, Weight Assisted Chin/Dip, TRX Bands, AB & Core pieces, Reaction & Agility Specialty Equipment
- **Full Free Weight Training Area** including Smith Machines, Plate-Loaded Angled Leg Press, Calves, & More
 - ◆ **Personal Training**
 - ◆ **Sports Specific Training**
 - ◆ **Children's Fitness Classes & Training**
 - ◆ **Special Senior Classes & Training**
 - ◆ **Massage Therapy**
 - ◆ **Registered Dietician on Staff**

Call the Fitness Center for a FREE Tour!!

(815) 784 FIT T (3488)

Programs as low as \$12/month! ~ Discounts for Seniors, Families & Corporates

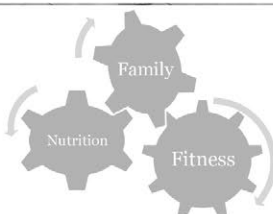
Facebook: Genoa Fitness Center 333 E. First St. Genoa West Side Entrance/Second Floor

See Special Events on pages 28-30!

FREE Visit to Kidz Zone Playland

Expires 06/15/18

KIDZ ZONE WE PUT FUN IN FITNESS



Drop Off Days

Kidz Fitness Classes

****First One FREE!****
Call to schedule.

Young Chefs

Monthly Parent's Night Out

Free Transportation to Kidz Zone from G/K Schools!
Call for details!



See Coupons on pages 16, 17, 20 & 21!

GENOA FITNESS CENTER KIDZ ZONE

333 E First St
Genoa IL 60135
815-784-3488

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

Kidz Zone & Party Room Rentals Available!
See page 30

We don't want **anything** to stand in the way of our next generation having FUN and getting FIT! **Our number one mission** is to give the parents in our community the tools and resources **to Stay Fit and Live Healthy Lives!** The Kidz Zone provides a fun and safe environment to learn about fun physical activity!

*"Focusing on your NUTRITION and EATING HABITS gives you **MORE ENERGY, MAKES YOU FEEL BETTER,** and helps your **RESULTS HAPPEN FASTER!**"*

NUTRITION WITH MEG

Taking care of ourselves in today's world is not always an easy task. Conflicting opinions about the right way to eat are everywhere. **The bottom line is to find a way of eating that works for YOU!**



Ready to Start? Meet with Meg for an overall assessment of your current eating habits and goals. As a Registered Dietician Nutritionist (RDN), Meg is trained in science-based nutrition as well as the real-world application of that nutrition. She incorporates the science of nutrition into a realistic approach tailored to your preferences and lifestyle. After an initial meeting, follow up visits promote change through an ongoing process of assessment, education, & goal setting.

Respect your body. Enjoy food. Be happy!

About Meg: Meg Burnham, MS, RDN, CSSD, LDN is a Registered Dietician Nutritionist (RDN), Certified Specialist in Sport Dietetics (CSSD) & Licensed Dietician Nutritionist (LDN). Her experiences include healthy eating for every size, sports nutrition, eating disorders, & disease-specific nutrition. She practices what she preaches which includes enjoying a variety of nutritious foods, staying active chasing two young boys, & savoring some chocolate every day.

PACKAGES

Start-up Package:

Three visits including a one-hour initial assessment plus two 30-minute follow-up visits.

Follow-up Packages:

Additional 30-minute visits provide ongoing support, accountability, education, & goal setting.

- Add 3 visits
- Add 5 Visits

Call 815-784-FITT (3488) to get started or for questions or more information!

GROCERY STORE TOUR

We tend to eat what is readily available to us, so it is essential that we make smart decisions about the foods we bring home. During an in-depth tour with our Registered Dietician, you will learn how to locate and evaluate products to ensure that you are bringing home foods that will enhance your health and well-being.

**Cost: Free to Meltdown Participants
\$10.00 for All Others**

****Please call (815) 784 – 3488 to Register****

Date: Monday, October 29th

Time: 6:00 p.m.

Location: Butera in Genoa

Call to sign up for your spot in this incredible program!

Most Popular & Valuable Program!!

Genoa Fitness Center Member SUCCESS STORIES

**Fall 2017 Meltdown Winner
Lisa Bennett**



Hi, my name is Lisa Bennett and I am the Fitness Center Fall 2017 Meltdown winner.

All I can say is TRUST THE PROCESS. I have tried many other programs but this is the whole package. It's not just about the food, it's not just about the exercise, it's about taking the tools provided and following the process. I feel better and am stronger than I have been in years thanks to the Meltdown. On top of all the years experience brought into the program, it is the day to day support by all the staff that makes the difference. **I would recommend this program to anyone who is ready to make a lifestyle change and improve their overall well being.**

~Lisa Bennett

Fall Meltdown Time!

aka **Biggest Loser Program!**

Time to Shed the Summer Fun!

★ **Lose Fat** ★ **Lose Weight & INCHES** ★ **Tone up**
 ★ **Feel & Look Great** ★ **Increase Energy!!**

PROGRAM INCLUDES:

- Kick-Off Party/Seminar shows the "how-to's" to see **results!**
- Registered Dietician / Sports Nutritionist & Personal Trainers share their Expert Advice & Tips
- Over **8 Free Fitness Classes** & Seminars! Discounts on Sessions
- Free Fitness Center usage for new participants! **8 WEEKS!**
- The Best ways to Burn the Most Calories in your day
- **Your own personal success coach** helps set up your Success Plan
- Individualized Eating Plans
- Weekly Weigh-ins & Support
- The Best ways to burn the most calories in your day!
- Professional Body Weight, Measurements & Goal Setting.
- Body Fat Analysis also available*
- Set Q & A times with a Personal Trainer & Registered Dietician to answer your questions and meet your needs!
- Ending Success / Congratulations Award Party

**OVER 5,700 POUNDS
& 6,850 INCHES
LOST TO DATE!!**

- ★ Look & feel GREAT for the new year! ★
- ★ Prizes for the top male, female & top overall "loser" ★
- ★ Track your status & Workout Points on the Success Chart!! ★
- ★ Weekly Weigh-in's & Continual Support & Encouragement! ★
- ★ Free prize to all measured "losers" ★

****BE AN EARLY BIRD!**

As soon as you sign up, your journey begins!

What do you have to Lose...except FAT, Weight & Inches!!
815 - 784 - FIT T (3488) ★ Only \$59* (A \$400 Value)

It's Time to SHED OFF the Summer Pounds!

Join the Genoa Fitness Meltdown and experience the Support from Personal Trainers, our Registered Dietician/Sports Nutritionist and your own Personal Coach! We will help you set up your "Success Plan" and give you **full access to the Best Fitness Offerings to help you on your path towards SUCCESS!**

**LOOK NO MORE ~ YOUR SUPPORT
SYSTEM IS RIGHT HERE!**

This is an investment in YOU!

Follow the program... IT WORKS!!!

**See the Fall '16 Winner
Arlene's Success Story on
page 27 - See UPDATE!!**

FALL 2017 Meltdown Winner

Lisa Bennett - 36 Pounds and 31 Inches Lost!!

See full success story on page 18!



Before

After

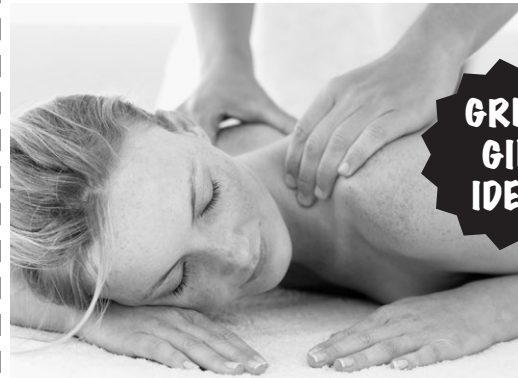
Massage Therapy

Genoa Fitness Health & Wellness
 333 E. First Street, Genoa, IL 60135
 (815) 784 - F I T T (3488)

Experience the healing and stress relieving benefits of massage therapy at the Genoa Fitness Center.

30 minute and 60 minute massages available with our licensed, quality therapist.

** Cash Gratuity appreciated **



GREAT GIFT IDEA!!

1ST TIME CLIENT DISCOUNT COUPON!

PG

Genoa Fitness Center Massage Therapy
\$10.00 OFF 1 Hour Massage!

(or \$5.00 OFF 1/2 Hour Massage)

Call 815-784-F I T T (3488) to schedule an individualized appointment.
 Expires 6/15/18

* First Time Clients Only. Cannot be combined with other offers. Prices subject to change.

COUPON SAVINGS

KIDZ ZONE COUPON

FREE Visit to Kidz Zone Playland

(Includes a FREE Fitness Workout for your parents!)
 Expires 6/15/18

KIDZ FITNESS COUPON

20% Discount on Kidz Zone Special Events!

1st time participants only. (Includes a FREE Fitness Workout for your parents!)
 Expires 6/15/18

KIDZ FITNESS COUPON

FREE Kidz Ninja Class or or Kidz Yoga

(Includes a FREE Fitness Workout for your parents!)
 Expires 6/15/18

FITNESS COUPON

FREE 1-Day Workout or Fitness Class

Call for Reservation
 For new FC participants only
 Expires 6/15/18

815-784-F I T T (3488)

PG

MEMBERSHIP COUPON!

New Fitness Center Membership Savings!

75% Off Join Fee Expires 5/1/18
 OR **50% Off Join Fee** Expires 6/15/18

815-784-F I T T (3488)

Reg. \$49-\$79 Individual ~ Dues as low as \$12/Mo.

*Special Rates for Family, Seniors, & more!

*Cannot be combined with other offers. Prices subject to change.
 Offer applies to Initiation Fee only.

PG

**FALL MELTDOWN
Begins in September!
Call to reserve your spot!!
Shed the Summer Fun.
IT WORKS!!!!**

**FITNESS LEVEL ANALYSIS
& GOAL SETTING**

Analyze your current fitness level and set goals for your future that you can **Follow-Up and Measure!** Several protocols are combined to measure cardiovascular fitness, strength, flexibility, and muscle endurance. Weight and body measurements are included. An explanation of results and a goal-setting consultation complete the package. Re-tests available. Experience the positive effects of time spent with a Personal Trainer. Call for individual appointments.

Fee: \$25.00 GFC Member \$35.00 resident discount
\$39.00 non-resident

*Combine body fat testing and a fitness level analysis for an additional \$10. *A personal training session can be added for only \$10 (a \$50 value).

**HUGE
VALUE!**

BODY FAT TESTING

The size of your body (large or small) does not always dictate your Body Fat Percentage and internal health. Find out your Body Fat Percentage for sure and how it affects your life and your own personal health and fitness goals. Testing includes an analysis and explanation of results, a fitness and health consultation and goal-setting. Weight and body measurements included. Re-tests available.

Experience the positive effects of time spent with a Personal Trainer. Call for individual appointments.

Fee: \$20.00 GFC Member \$25.00 resident discount
\$29.00 non-resident

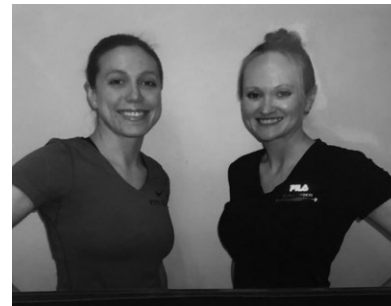
*Combine body fat testing and a fitness level analysis for an additional \$10. *A personal training session can be added for only \$10 (a \$50 value).

**HUGE
VALUE!**

**PERSONAL TRAINING - INDIVIDUAL & PARTNER
With a Nationally Certified Trainer**

Would you like your own Personal Fitness Coach to help you achieve your Health & Fitness Goals? See Excellent Health & Fitness Results like other community members already have with our Personal Trainers' Guidance! All types of Health & Fitness goals or special needs are welcome. Call for details and a Free Fitness Consultation to discuss your goals and previous exercise history and to determine if Personal Training is the right choice for you. Individual, Partner and Group Personal Training available. Call 815-784-FIT (3488) for more information. Fees vary with packages and number of individuals. Openings are limited ~ Call early to secure the Training Time you would most prefer. **Sport-Specific Training & Enhancement including Strength Training, Speed Training, Injury Prevention, Plyometrics, Skills to apply Strength & Power to the Sport, etc. also Available!! Call 815-784-3488 for details!

**Call for a Free Consultation. Sessions as low as \$29 ~
Call for information about packages. WOW!**



SPORT-SPECIFIC PERSONAL TRAINING

Would you like to have that **EXTRA EDGE** on the Competition? Are you an athlete that really wants to move ahead in your sport? If you answered YES, this is for YOU! **Sport-Specific Training & Enhancement includes Strength Training, Speed Training, Injury Prevention, Plyometrics, Skills to apply Strength & Power to the Sport, and Pre & Post Testing to track your accomplishments.** Call to schedule an appointment with Our Sport Specific Training Team and let us help you excel in your sport of choice.

All Sports Welcome. Individuals or groups welcome.

Call 815-784-FIT (3488) for more information and to discuss your goals and if Personal Training is a good next step. **Free Consultation. Watch your Skills go to the NEXT LEVEL!**

Transportation for the kids to get to the Fitness Center after school is AVAILABLE!!

Call for Details.

Sessions as low as \$10 in packages. **WOW!**

**FREE
PERSONAL TRAINING
FITNESS CONSULTATION**

Discuss your goals and if personal training is the right choice for your needs.

Expires 6/15/18

Call (815) 784 - FIT (3488) to schedule

Try Personal Fitness Training or Sport-Specific Personal Training to understand first-hand the benefits of having your own Personal Coach with a WEALTH of knowledge to help you see dramatic results!

★ **\$15 Off Your First Personal Training Package**

★ **Receive a FREE FIRST TIME CONSULTATION to discuss your Goals with a Trainer**

★ **Receive 2 FREE Personal Training Sessions with a Purchase of a 10 or more Session Personal Training Package. (For new training clients)**

★★★ Childcare at the GFC Kidz Zone Playland is available*. Call for details. ★★★

★★★ First Trial Class Free!* Call the GFC @ (815) 784 - FIT (3488) to reserve your spot. *For new participants only ★★★

SPIN CYCLING

Fitness Formula: BEG/INT/ADV Level ~ As Hard or Easy as you turn your dial! Efficient Cardio / Toning / ABS / Hi Caloric Burn / NO IMPACT

One of the best forms of Efficient Exercise we have found! Start it for your Heart & Calorie Burn . . . Stay with it for the ENERGY!

**Many different types of Spin Classes are offered!



LEARN HOW TO SPIN CYCLE WITH THE FREE INSTRUCTIONAL CLASS OFFERED FOR YOU

Beginner Spin Cycling~ 30 minutes beginner/intermediate spin cycling

Spin Cycling~ 45 minutes beginner/intermediate/advance spin cycling

Spin & Strength~ 45 minutes intermediate/adv spin + 15 minutes of upper body toning/Abs

Spin 50/50 Spin & Refine~ 30 minutes beg/Int/Adv Spin + 30 minutes of full body toning/Abs

Mix it Up Spin Cycling~ Mixing up the format of 30 min Int/Adv Spin + 30 min spin cycling

YOU CANNOT BEAT THIS CLASS FOR WHAT IT DOES FOR YOU!! Having a hard time getting the results you're looking for? Take a Spin Cycling Class, a unique way to use your body in a new way. Increase your ENERGY, lower cholesterol & blood pressure, reduce stress, etc. while you strengthen your heart and lose yourself in this class. Burn up to 1,000 Calories from one Class!!! All the BEST effects of great cardio work! This is one of the most efficient workouts we have found comparative to the awesome benefits of running (but NO impact to the body). YOU are in charge of your Intensity Control!! MAKE THE CLASS AS HARD OR EASY AS YOU LIKE. The Instructor may take you through a visualization journey across country, perhaps up & down hills, and move you through different resistances and intensities to interval train your body to Shed Fat & Fire Up your Energy. Track your miles traveled and pace per workout with your own fitness computer on the bike! All Fitness Levels Welcome. Modifications available to PERSONALIZE Your Workout! Class size is Limited~ Sign up EARLY for a bike!

Location: Fitness Center

Early Mornings:

Wed: 5:00 – 6:00 am **Mix it Up Spin ~ Weights/Core**

Fri: 5:15 – 6:00 am **Spin Cycle ~ 45 Min Int/Adv Spin**

Mid Mornings:

Wednesday: 9:00 – 10:00 am **50/50 Spin & Refine ~ Spin/Weights/Core**

Wednesday: 1:00 – 1:45 pm **S.T.A.R. Spin ~ Special Recreation Pop**

Friday: 9:45 – 10:45 am **50/50 Spin & Refine**

Evenings:

Monday: 5:15 – 6:00 pm **Learn to Spin Cycle ~ Instructional Only***

****Call to Schedule @ (815) 784- FIT**

Monday: 6:00 – 6:30 pm **Beginner Spin Cycling**

Tuesday: 4:00 – 4:45 pm **Spin in No Excuse X Class!**

Tuesday: 5:30 – 6:30 pm **Spin & Strength ~ Int/Adv Spin & 15 min Strength**

Thursday: 5:30 – 6:30 pm **Mix it Up! Spin & Mix ~ 50% Spin / 50% Strength**

PERSONAL TRAINING CLASS

Fitness Formula: BEG/INT/ADV Level - Cardio & Heart / Max Caloric Burn / Energy / Personal Training / Education & Exercises / Core & Abs

Experience the value of having a Personal Trainer / Fitness Coach help you learn the BEST way to approach your Exercise Time! Join us for a group Circuit Training to learn a variety of Resistance Training, Fat Burning,



Ages: 12 yrs. & up

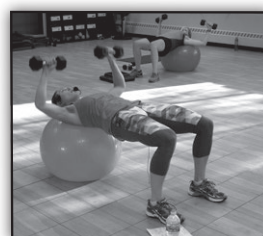
Days: Tues and/or Thurs: 9:00-10:00 am

~If you like the format of this class, you may also like: Flex & Burn, Power Y, Shapeshifter

SHAPE SHIFTER

Fitness Formula: INT/ADV Level

Cardio Focus / Max Caloric Burn / Strengthening /Sculpting / Core & ABS



This elixir of group, circuit and team training formats combine strength training, cardio and body weight exercises to work your entire body! You will experience full body Sculpting, Strengthening, Cardio, Fat Burn & Abs & Core benefits all in 1 fun hour! Continual Cross Training to Mix it Up & push Caloric Burn. Focus to Cardio Intervals. **ALL fitness Levels Welcome! Modifications available for any level of fitness, any restrictions, high or low impact!**

Days/Times: Wednesdays 5:30-6:30 pm

~If you like the format of this class, you may also like: Power X, Power Y, REPS, Afterburn, Personal Training Class

SENIOR FIT TEAM! FEEL GREAT!

Fitness Formula: BEG/INT Level

Fun / Toning / Caloric Burn / Strengthening / Balance / Friends!



Come join us as we have fun in class Moving, Stretching, Improving Balance, Strengthening Muscles, Improving Bone Strength and Improving Quality of Life! Move to the oldies with Minimal Impact Movement Styles in a Standing or Seated Setting. Improve your Mind-Body Connection and FEEL GREAT! **Any fitness Level Welcome!** Need Special Assistance to Participate? **Special Recreation Assistance available for this Class!!** **Modifications available for any level of fitness, any restrictions, Low or NO impact! Stand or Sit for the class.**

Days/Times: Tuesdays and/or Thursdays 10:15-11:00 am

~If you like the format of this class, you may also like: Aqua Fitness, Zumba™ Fitness & Tone

Genoa Fitness Center TESTIMONIAL

If you're reading this, then there's a chance you have an inkling to change. Let me add to your encouragement!

I've lost 22 pounds since starting classes 8 months ago. Immediately I was welcomed. The instructors and classmates embraced my personal-ity and I always felt able to ask questions. Zumba Dance party invigo-rates and challenges me as I smile and laugh through each experience. I'll never look back!

Genoa Fitness Center is full of sunshine and grit. I love my home here! Come join us!

~ Laura Devine

★★★ Childcare at the GFC Kidz Zone Playland is available*. Call for details. ★★★

★★★ First Trial Class Free!* Call the GFC @ (815) 784 – FIT (3488) to reserve your spot. *For new participants only ★★★

ZUMBA™ FITNESS & TONE

Fitness Formula: BEG/INT/ADV Level - Cardio / Toning / ABS / FUN / Calorie Burn

ENERGIZE your workout and Dance your way to a toned, sexy body in a relaxed, private, Fun atmosphere! Laugh, Sweat, Tone, and Burn calories while dancing to GREAT music and AWESOME moves that vary from Salsa to Bollywood and much more! All fitness levels welcome! No counting and super easy to follow. . **Modifications available**

for any level of fitness, any restrictions, high or low impact!

Days / Times: Mondays 6:45 – 7:45 pm
Saturdays 9:00 – 10:00 am

Call if you are interested in more Zumba times!



AQUA FIT

Fitness Formula: Any Level Welcome. Great Calorie Burn , Cardio / Muscle Sculpting/ ABS ****NO IMPACT TO THE BODY & JOINTS!!**

Join our Aqua Fitness Class and use your own body weight and other Resistance & Training Modalities to Tone your Body while you enjoy the water and open air! Enjoy NO IMPACT for your joints while you Improve Tone, Increase Energy, Improve your Flexibility, and Renew your Spirit. Excellent for Individuals with Fibromyalgia, undergoing Pregnancy or experiencing Restrictive Injuries. (There is no classes the week of the 4th of July)

Classes Run: June 18 – August 2

Days/Times: Mondays and/or Wednesdays 10:30-11:30 am
Tuesday Evenings 5:00-6:00 pm

Fee: Please contact the Fitness Center for more info 815/784-3488
Drop ins are welcome

POWER X!

Fitness Formula: INT/ADV Level - Great Calorie Burn / Cardio / Muscle Sculpting / ABS / Great Caloric Burn

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! An Elite Level Powerhouse Instructor works out with the class as the class keeps moving and works together to maximize calorie burn and a full body workout. **Modifications available for any level of fitness, any restrictions, high or low impact!**

Ages: 12 yrs. & up

Days: Mondays 5:30 - 6:30 pm and/or Saturdays 7:30 - 8:30 am

~If you like the format of this class, you may also like: REPS, Shapeshifter, Afterburn



POWER Y

Fitness Formula: BEG/INT/ADV Level - Cardio / Strength Training / Toning / ABS / Caloric Burn

Looking for a change of pace? Step into a class that offers a challenging & exciting take on cross training; where weight training, cardiovascular exercise & core strengthening collaborate to build a stronger, healthier you! This class helps you build foundational techniques & construct a solid base of knowledge to empower further progression into fitness. **Modifications available for any level of fitness, any restrictions, high or low impact!**

Ages: 12 yrs. & up

Days: Call if you are interested! - Monday Body Blitz is a great alternative!

~If you like the format of this class, you may also like: Shapeshifter, Personal Training Class, Power X, Reps, Afterburn

ROCK BODY BLITZ

Fitness Formula: BEG/INT Level - Strength / Toning / Cardio / ABS / Caloric Burn



More Work, less cardio . . . but the full body workout DONE! Come try our 40-40-20 class format. This will utilize more sculpting weights, challenge your core, use efficient cardio to help melt the pounds and inches away, and increase metabolism! Modifications available for ALL fitness levels!“. Low Impact / High Intensity focus. Great class to start and learn

great fundamentals for effective form, techniques, and efficient exercise.

Modifications available for any level of fitness, any restrictions, high or low impact!

Days: Mondays 6:45 - 7:45 pm

~If you like the format of this class, you may also like: Power Y, No Excuse X, Personal Training Class

R.E.P.S. BODY BURNER

Fitness Formula: INT/ADV Level
Cardio / Toning / ABS / FUN / Calorie Burn

RESISTANCE ~ ENERGY ~ PERFORMANCE ~ SUCCESS!

This high intensity interval class delivers a challenging energetic combination of cardiovascular fitness & resistance training. Finish it off with a high intensity circuit and you'll have the best of both worlds to create an exact recipe for success in your fitness journey. Combo moves make you think ...and your Body ACT with Max Calorie Burn! Challenge yourself with this SUCCESS DRIVEN workout & expertise. **Modifications available for any level of fitness, any restrictions, Low or NO impact! Stand or Sit for the class.**

Days/Times: Mondays 9:00-10:00 am and/or Thursdays 6:15-7:15 pm

~If you like the format of this class, you may also like: Power X, HIIT IT, Afterburn, Shapeshifter

See Special Kidz Fitness Class on page 29 - Kidz Ninja Warrior!
****Free Transport from G/K Schools to the Fitness Center!** *Call for Details!***

★★★ Childcare at the GFC Kidz Zone Playland is available*. Call for details. ★★★

★★★ First Trial Class Free!* Call the GFC @ (815) 784 – FIT (3488) to reserve your spot. *For new participants only ★★★

AFTERBURN

Fitness Formula: ADV/INT Level
Strengthening / Sculpting / Max Caloric Burn /Challenging

Afterburn ... The Ultimate effect we can create for **Maximal CALORIC BURN!!** An elite level, intense circuit training class created to focus on the importance of concentrated strength training combined with bouts of HIIT (High Intensity Interval Training). Give your Metabolism a boost & increase that post-workout caloric burn. This class is operating at the highest level of fitness & is not for the faint of heart. IGNITE your Afterburn . . . you won't be sorry.

Days / Times: Tuesdays 6:00 – 7:00 pm

~If you like the format of this class, you may also like: Power X, REPS, Shapeshifter

HIIT IT

Fitness Formula: INT/ADV Level - Intense Cardio / Strength & Toning / Core / High Caloric Burn

Join this high intensity interval training proven to shred fat and calories, while building lean muscle and improving cardiovascular health! High intensity cardiovascular moves and strength training are combined with active rest to make the most of this intense interval class. A variety of tools are incorporated into this heart pumping, challenging workout. **Modifications available for any level of fitness, any restrictions, high or low impact!**

Days / Times: Fridays 9:00 – 10:00am

~If you like the format of this class, you may also like: REPS, Power X, Spin Cycling, Spin 50/50, Shapeshifter

NO EXCUSE X

Fitness Formula: BEG/INT Level
Cardio / Toning / ABS / Caloric Burn

Designed to target all aspects of fitness, this class incorporates strength training, core training and cardiovascular training to maximize the effects of your workout. Burn calories and build muscle, all at the convenient time in the afternoon! No More Excuses. **Modifications are available for any level of fitness, high and low impact options are always available.**

Days / Times: **NEW!** Mondays: 5:15-6:00 am
and/or Tuesdays 4:00 – 4:45pm
*Spin included in Tuesday's Class

SUNRISE BURN

Fitness Formula: BEG/INT/ADV Level
Cardio Focus / Max Caloric Burn / Strengthening / Sculpting / Core & ABS

Wake up to a morning combo class where you get a total body cardio, sculpting & core/ABwork out in a group setting followed by the exciting stations of a circuit featuring our many great workout tools. During the group portion we isolate lower body, upper body, and core segments with some cardio sprinkled in to keep your heart pumping. You will be burning by the time the sun rises, ready to start your day!!

Days / Times: Tuesdays 5:00 – 6:00am

~If you like the format of this class, you may also like: Shapeshifter, Morning Crush, Power X, Power Y

STRETCH & BEGINNER YOGA

STRETCH & INNER PEACE

Fitness Formula: BEG/INT Level
Stretching/Centering/Mind Body Connection

Begin your day within a tranquil and soothing environment where we will awaken our minds and its connection with our bodies. This class offers the necessary stepping stones to create a positive mood throughout your day by integrating balance, flexibility & core work. Experience muscle toning and joint flexibility as you journey into the world of holistic health.

Day/Times: Thursdays 11:15 – 12:30 pm Beg/Int
Saturdays 10:15-11:00 am Beg/Int

~If you like the format of this class, you may also like: Yoga Fly, Vinyasa Flow Yoga

UNIQUE ARIAL YOGA / PILATES

Fitness Formula: BEG/INT/ADV Level
Cardio Focus / Max Caloric Burn / Strengthening / Sculpting / Core & ABS



Arial Yoga is here in Genoa!!!
Come Flex, Stretch & De-compress your joints and spine! This class is a combo of Yoga, Pilates & Anti-Gravity Training with an Aerial Hammock! Increase flexibility, relaxation, body sculpting & Core Strength with ***NO IMPACT*** to the body. ***Modifications available for any physical limitations***

Days / Times: Tuesdays 7:15 – 8:15pm

~If you like the format of this class, you may also like: Stretching & Beginner Yoga, Vinyasa Flow Yoga

YOGA & BEG / INT YOGA & STRETCH

Fitness Formula: BEG/INT/ADV Level
Cardio Focus / Max Caloric Burn / Strengthening / Sculpting / Core & ABS

Come Join us in this mindful physical practice. Vinyasa Yoga, 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. ***Poses can be Modified for all Fitness Levels* ***

Days / Times: Thursdays 11:15 – 12:30 pm Beg/Int
NEW! Wednesdays 6:45 - 8:00 pm
(Fridays 6:30 - 7:30 pm - Call if interested!)
Saturdays 10:15 - 11:00 am Beg/Int Yoga & Stretch
Sundays 8:45 - 10:00 am

~If you like the format of this class, you may also like: Yoga / Pilates & Fly

SESSION SCHEDULE

Session #	Session Dates:	No Class Dates
		Call the Fitness Center for Break Week Classes Scheduled
Spring 2018 Session #3 (8 Weeks)	Mon. April 30 - Sun. June 24 (Early Bird Discount Deadline 4/23/18) (Priority Member Deadline 4/16/18)	No Saturday, May 26 - Monday, May 28 Memorial Day Weekend - Fitness Center Closed Monday 5/28 ** Sat / Sun / Mon Participants receive 1 FCP (Free Class Pass)
JUMP INTO THE SESSIONS AT ANY TIME! We will prorate out the days missed!		
Summer 2018 Session #4 (8 Weeks)	Mon. June 25 - Sun. Aug. 26 (Early Bird Discount Deadline 6/18/18) (Priority Member Deadline 6/11/18)	No Monday, July 2 - Sunday, July 8 4th of July – Fitness Class Break Week **ALREADY EXCLUDED FROM SESSION Fitness Center Closed Wednesday July 4th
Fall 2018 Session #5 (8 Weeks)	Mon. Feb. 26 - Sun. Apr. 29 (Early Bird Discount Deadline 2/20/17) (Priority Member Deadline 2/13/17)	No Monday, September 3 Fitness Center Closed ~ Labor Day Monday Participants receive 1 FCP (Free Class Pass)

ADULT GROUP FITNESS & AQUA FEE SCHEDULE

Fee Schedule (Before Discounts)	** All Sessions **				1 Day Drop-In *Deducted from session if you join!	Session Deductions for Any Days Prorated Out:
	1 Class/Week	2 Classes/Week *Only \$36 More	3 Classes/Week *Only \$29 More	4+ Classes/Week *Only \$19 More each		
Fitness Center Members	\$54	\$89	\$118	\$137	\$8	** Any “No Class” Dates listed above for the session <u>ARE ALREADY DEDUCTED FROM THE PRICING.</u>
Residents	\$69	\$104	\$133	\$152	\$9	<u>Any other prorations necessary should be listed on your enrollment form and deductions will be calculated at the Fitness Center.</u>
Non-Residents	\$75	\$110	\$139	\$158	\$10	

SENIOR FITNESS CLASS & KIDZ CLASSES FEE SCHEDULE (See Kid's Classes on Page 24, 26, & 27-30)

Fee Schedule (Before Discounts)	** All Sessions **			1 Day Drop-In *Deducted from session if you join!	Session Deductions for Any Days Prorated Out:
	Fees Below DO NOT Show Discounts				
	1 Class/Week	2 Classes/Week *Only \$36 More!	3+ Classes/Week *Only \$29 More!		
Fitness Center Members	\$39	\$69	\$89	\$6	** Any “No Class” Dates listed above for the session <u>ARE ALREADY DEDUCTED FROM THE PRICING. UNLESS STATED ABOVE FOR FCP.</u>
Residents	\$49	\$79	\$99	\$7	<u>Any other prorations necessary should be listed on your enrollment form and deductions will be calculated at the Fitness Center.</u>
Non-Residents	\$59	\$89	\$109	\$8	

LIKE DISCOUNTS???

- *Enroll by Early Bird Date & deduct \$5 off 1-day/week or \$10 off 2-3 day/wk Sessions
 - *\$5 or \$10 gift certificates issued for future use when enrolling in 2+ days/week of ANY classes!
**Early Bird Discounts are NOT yet deducted from the above Fees
- **Choose the number of days you would like to participate & record days/times on Registration Form
**SPACE LIMITED!! ENROLL EARLY TO ENSURE A PLACE IN THE CLASSES YOU PREFER!
* Prorations for Vacations can apply. Please call the Fitness Center for Details.*

NEW RATES!
 Classes as low as \$3.99!
 Ask How!
 784-FIT

Genoa Fitness Center KIDZ ZONE

We put the FUN in fitness!

**First Visit
for FREE!!**

**Open to the
Public!**

**See
Coupons on
pages
17, 20 & 21!**

KID ZONE SUMMER HOURS

Mondays - Thursdays: 8:30 am – 12:00 pm and 4:30 pm – 8:15 pm

Fridays: 8:30 am – 12:00 pm

Saturdays: 8:45 am – 12:00 pm

Sundays: 10:00 am – 12:00 pm

**See Special Events
on pages 17, 20, 23,
26 & 28-30!**

** Please call 2 hours before to reserve your place **

***Striving to bridge the gap between
you and your child's fitness!***



Transportation from Genoa/ Kingston schools or Genoa Township Park District to the fitness center is available!

**Home preschools welcome and special group pricing available.
Call 815-784-FITT (3488) for more details!**

Visits as low as .50 - \$2.00! Call for Details!

Ages: 3 months - 12 years of age

Fees (Parent in the Fitness Center):

FC Member: 1st Child as low as \$3.00/2 hr. visit ~
2nd Child as low as \$2.00/visit ~
3rd Child \$1.00 /visit*

Resident: 1st Child as low as \$4.00/2 hr. visit ~
2nd Child as low as \$3.00/visit ~
3rd Child \$2.00/visit*

Non-Resident: 1st Child as low as \$5.00/2 hr. visit ~
2nd Child as low as \$4.00/visit ~
3rd Child \$3.00/visit*

*A visit is up to 2 hours!

Fees (Drop-Off Childcare – Full Play Area Access!):

FC Member: 1st Child as low as \$5.00/hour ~
2nd Child as low as \$3.50/hour ~
3rd Child \$2.00/hour

Resident: 1st Child as low as \$6.00/hour ~
2nd Child as low as \$5.00/hour ~
3rd Child \$4.00/hour

Non-Resident: 1st Child as low as \$7.00/hour ~
2nd Child as low as \$6.00/hour ~
3rd Child \$5.00/hour

**Please call us if you need
any special Times!!**

**4-C Financial Aid Accepted!
Call for details. 815-784-3488**

SUCCESS STORIES

LORI HAS LOST LOTS OF POUNDS & INCHES!!



WORKING IT!

The Genoa Fitness Center has made me more accountable by joining the Meltdowns and classes. The friendly staff and genuine compliments on my appearance have boosted my confidence. I'm working so this works easier. My Personal Trainer Amber is not only a friend, but a professional! She mixes in humor and pushes me towards my goals!

~Lori Stegle

TESTIMONIAL LETTER 2018

Hi Holly,

I have been wanting to write this email to you and just keep putting it off. I have a few minutes here at work and thought I really need to do this, so here goes.

I just wanted to thank you for everything you have done for me since I joined the gym at the beginning of the year. You have been an influential part of my journey to change my life, and spin class has a lot to do with it too. I have fought with my weight my entire life, and last July I turned 50 years old, and started having some health issues. It was a wake up call after spending 3 days in the hospital because I kept passing out and they couldn't figure out why. Turns out it had to do with sleep apnea, high blood pressure, and my asthma – but it caught me off guard and I knew I needed to change a few things.

It took me several months but I decided I wanted to join a gym, and knew that would be a good place for me to start. I have never been the type to go to the gym. I was on swim team through my high school days and that kept me active, but as far as getting myself to a gym to work out was not something I was very interested in doing. When I made this decision, I also knew I wouldn't keep going on my own, so I solicited a good friend of mine, and she agreed to join with me. She even went as far as to enlist my boyfriend to get me a gift certificate for Christmas so I wouldn't change my mind. It worked. I love it, and can't image not working out anymore. If you would have asked me if I would still be going the day I walked in to join, I probably would have confessed that I have an inkling that I wouldn't keep it up.

But you changed my mind. You convinced me to try a spin class after I told you my horrible story about a class I took years before. You were amazing. You got me seated correctly, gave me encouragement, and kept me motivated (along with my friend Tricia. You have both changed my life). I never would have thought that I could have lost weight, lost inches, and felt this amazing in just a short period of time. I can't even tell you how amazed I am with the way I have progressed through the spin class. And last week, when I was able to stand (finally!) and get through Roxanne...it was a feeling I never thought I would feel about myself.

I have to give your staff credit too. Andrea has been an amazing teacher with the classes I take with her. I love how she motivates everyone to keep it up just 10 more seconds!! Victoria made my day when I tried the personal training class, and thought I was going to die. She was at the desk shouting encouragement to me and Tricia as we rounded the track going back in to keep it up until the class ended. I love how everyone is welcomed coming in the door, and told to have a great day on the way out. It is a place that I love to come to, and want to continue to come to, because of the encouragement, and friendship you all give to everyone.

I can't thank you enough. And just wanted you to know how you have helped me change my life.

Thank You!!! Kelly

WE BOTH ENJOY THE GFC!



My son and I thoroughly enjoy our time at the Genoa Fitness center. I especially love that I can take him to the kid zone while I workout and have nothing else to worry about. Brantley loves going to the kid zone and asks me to go to the gym all the time. We both also partake in classes offered from REPS to HIIT and little Ninjas for Brantley! He cannot wait for his ninja class every week!

~ Megan Brantley

ARLENE UPDATE!!
FALL 2016 MELTDOWN WINNER
Down 135 Pounds and Still Losing!!



It's an ongoing process. I have switched from doing as much cardio to doing more weight lifting and muscle building/toning and seeing more weight loss! **I am up to 135 pounds lost!!** I know muscle weight more than fat, and that weight loss is with building more muscle on my body which makes my metabolism burn all day like crazy!!

~Arlene Mason

SPA NIGHT

School is almost over and it's vacation time! Come join us for a mini manicure, sugar scrub facial, and to make lip gloss. Let us pamper your daughter for a couple of hours and make her feel special! This event includes a healthy snack, water, and a party favor. Please let us know ahead of time if your child has any food allergies. Ages 4-13 years

Limited Spaces – Call Early!!

Day/Date: Friday, May 18th, 2018

Time: 5:00pm – 7:00pm

Location: The Genoa Fitness Center Kidz Zone

Fee: Members - \$18 / Non-Members - \$20

*\$5 multifamily discount!

GLOW NIGHT

Let the summer fun begin! Come out for a night of fun with friends! This party will be completely in the dark, with glow sticks of course! There will be snacks and drinks provided! Make sure to wear your neon or white colored clothing to show your glow underneath the black light! Ages 4-13.

Limited Spaces – Call Early!!

Day/Date: Saturday, June 23rd 2018

Time: 6:00pm – 8:00pm

Location: The Genoa Fitness Center Kidz Zone

Fee: Members - \$18 / Non-Members - \$20

*\$5 multifamily discount!

AFTER HOURS PARTY

Have you ever wanted to have the whole gym to yourself? Then this is your night. For one night only you will be able to be in the gym after hours! There will be fitness and fun activities, as well as snacks and drinks. Come in your work out attire! Ages 9-13.

Limited Spaces – Call Early!!

Day/Date: Saturday, August 4th

Time: 6:00pm – 8:00pm

Location: The Genoa Fitness Center Kidz Zone

Fee: Members - \$10 / Non-Members - \$12

*\$3 multifamily discount!

CAMPING PARTY

Do you have the back to school blues? Don't worry summer isn't over yet! Come have one last adventure at Kidz Zone! Dinner, drinks, and dessert will be provided, as well as an adventure souvenir! Ages 4-13.

A TBD G rated movie will be shown

Limited Spaces – Call Early!!

Day/Date: Saturday, September 22nd, 2018

Time: 4:00pm – 8:00pm

Location: The Genoa Fitness Center Kidz Zone

Fee: Members - \$18 / Non-Members - \$20

*\$5 multifamily discount!

YOUNG CHEFS

Join us for Young Chefs class at the Kidz Zone as we make and eat snacks and desserts!

****You do not need to be a member of the Fitness Center to join us for this fun class.**

Time: 5:00pm- 7:00pm

Date: May 15th- Mini Tortilla Pizza & Baked Cinnamon Sugar Tortilla Chips

June 12th- Honey Ham Biscuits & Under the Sea Gram Crackers

July 17th- Fourth of July fruit kabobs & Ice cream sandwiches

August 21st- Beef Taquitos & Ice cream from scratch

September 18th - French toast sticks & Banana pops

Limited Spaces – Call Early!!

Cost: \$10.00 per child if enrolled 1 week prior to date; otherwise \$12.00 per child



We want to put
FUN
in Nutrition!



Genoa Fitness Center & Kidz Zone TESTIMONIAL

The Genoa Fitness Center has been a huge success for me. I started my journey only 7 weeks ago. Because I receive such positive motivation from all of the staff **I have already lost a total of 20 lbs and 16.5 inches.** The things that have helped tremendously in keeping me dedicated to achieving my goal is the benefit of knowledge from all the instructors and their drive to push me to my full potential.

Also knowing my kids are so well taken care of in the kid zone makes the time for myself achievable.

Thank you all!!
Kayla Johnson

Kidz Fitness

Kidz Ninja Warrior

Fitness Formula - BEG/INT/ADV Level
Cardio Focus / Max Caloric Burn /Strengthening /
Sculpting / Core & ABS

A fun filled 45 min class with Obstacles, Leaping and Balancing!!

One of our goals at the Fitness center is to help our children stay fit and Healthy while having fun so our next generation doesn't have the same struggles we are over coming*

No sitting around with this crowd!
 For Every Skill level
 Don't miss out on all the fun!!

****Free Transportation available from GK schools to All Classes**
We don't want adult schedules or a lack of transportation to
keep them from participating!! Call for Information

Ages: 5-12!

Days: Wednesdays 10:15 - 11:00 am

***FREE Kidz Zone included until 12:00!**

Price: See chart on page 25

~ Childcare at the GFC Kidz Zone Playland is available*. Call for details.

~First Trial Class Free!* Call the GFC @ (815) 784 – F I T T (3488) to reserve your spot. *For new participants only



SUCCESS STORIES

Genoa Fitness Center & Kidz Zone TESTIMONIALS

I have a 4 year old and an almost 2 year old and find it very hard to find the motivation to work out at home or to make the time. The Kidzone at the Genoa Fitness Center allows me to bring my kids to a safe and fun environment while I exercise or take a class. I feel very comfortable dropping my kids off, as the staff is very friendly, caring and attentive. The Kidzone has so many things for my kids to play with and do, that they don't get bored and love going anytime. **Just knowing my kids enjoy going makes it easier for me to make it to the fitness center to continue exercising and stay healthy.**

~ Nicole Happ



Genoa fitness center is the best place to workout. The staff has been extremely welcoming and helpful. I joined the winter meltdown program because I knew it would help me stay on track for my personal goals. I have met some really great people there which nice since I am newer to the community. The best part is there are some awesome ladies in the Kid zone that watch my lil lady while I work out. She is always excited to go there. Taking that hour to myself is so much easier knowing shes having a blast in there.

~ Tricia Chastain and daughter Josie

Kidz Zone & Party Room Rentals



We can host: Birthday Parties, Baby Showers, Wedding Showers, Boy & Girl Scouts, Church Groups, Community Groups and More!



What's included in package A?

*A party host * 45 minutes of open play * 45 minutes for food, cake, and presents * decorated private party room * Indoor play place * A stress-free day of fun! Minimum requirement of 6 guests to host a party.

Party Package A:

8+ kids minimum - Monday through Friday: \$96.00 - Saturday, Sunday and Holidays that we are open on: \$112.00. Additional kids \$10/each (9th-13th)

14+ kids minimum - Approx. 12% discount - Monday through Friday: \$145.00 - Saturday, Sunday, and Holidays that we are open on: \$169.00. Additional kids \$10/each (15th - 19th)

20+ kids minimum - Approx. 18% discount - Monday through Friday: \$196.00 - Saturday, Sunday and Holidays that we are open on: \$229.00. Additional kids \$10/each (21st - 24th)

Party Package B

Party Room (kidz staffing only in play area)

No more than 20 kids

As low as \$65.00 (2 hours) Additional hours at \$20.00 per hour.

One hour in KZ play area, One hour in party room

*Additional charges may apply, call for details.

Party Package C

Party Room/Conference Room Rental Only

NO KZ Play Area/or Staff

\$50.00 (2 hours) Additional hours at \$20.00 per hour.

**Call for details if wanting
a child's party**

815-784-F I T T (3488)

Fitness Members take an additional 5% off!



Group Fitness Class Schedule

Summer 2018
May - August

(815) 784 – FITT (3488)

This is a Master Schedule~ For monthly deviations call the FC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning</p> <p>NEW 5:15-6:00 am No Excuse X Full Body Class</p> <p>9:00-10:00 R.E.P.S. Body Burner</p> <p>NEW 10:30-11:30 Aqua Fitness! Begins June 18 @ Chamberlain Pool</p>	<p>Morning</p> <p>NEW 5:00-6:00 am SUNRISE BURN</p> <p>9:00-10:00 am Personal Training Class</p> <p>10:15-11:00 Senior Fit Team</p> <p>10:15-11:00 Senior Fit Team</p>	<p>Morning</p> <p>5:00-6:00 am Mix It Up! Spin & Mix</p> <p>9:00-10:00 am 50 / 50 Spin & Refine</p> <p>NEW 10:15-11:00 NINJA WARRIOR</p> <p>NEW 10:30-11:30 Aqua Fitness! Begins June 20 @ pool</p>	<p>Morning</p> <p>9:00-10:00 am Personal Training Class</p> <p>10:15-11:00 Senior Fit Team</p> <p>NEW 11:15-12:30 Vinyasa Yoga Beg / Int</p>	<p>Morning</p> <p>5:15-6:00 am Spin Cycling</p> <p>9:00-10:00am HIT IT!</p> <p>NEW 9:45-10:45 am 50 / 50 Spin & Refine</p>	<p>7:30-8:30 am Power X</p> <p>9:00-10:00am ZUMBA FITNESS & Tone</p> <p>10:15-11:00am Beg. Yoga & Stretch</p>
					Sunday
<p>Evening</p> <p>5:30-6:30 pm Power X</p> <p>5:00-5:30 pm Learn to Spin! FREE! Instructional Please Sign Up</p> <p>6:00-6:30 pm Beginner Spin Cycling</p> <p>NEW 6:45-7:45 pm ROCK BODY BLITZ</p> <p>NEW 6:45-7:45 pm ZUMBA FITNESS & Tone</p>	<p>NEW 4:00-4:45 No Excuse X Spin & Sculpt</p> <p>NEW 5:00-6:00 pm Aqua Fitness! Begins June 19 @ Chamberlain Pool</p> <p>5:30-6:30 pm Spin & Strength</p> <p>6:00-7:00 pm AFTERBURN</p> <p>7:15- 8:15 pm Arial Yoga/Pilates Anti - Gravity</p>	<p>Evening</p> <p>4:00-4:45 pm Learn to Spin! FREE! Instructional Please Sign Up</p> <p>5:30-6:30 pm Shape Shifter</p> <p>NEW 6:45-8:00pm Vinyasa Yoga</p>	<p>Evening</p> <p>5:30-6:30 pm Mix It Up! Spin & Mix</p> <p>6:30-7:00 pm Intro to PX, PT Free~ Plz Sign Up</p> <p>6:15-7:15 pm R.E.P.S. Body Burner</p>	<p>Evening</p> <p>NEW 8:45-10:00am Vinyasa Yoga</p>	<p>SIGN UP EARLY to ENSURE a place in your class of choice.</p> <p>LIKE DISCOUNTS??</p> <p>1) Sign up a week BEFORE Session Starts in EARLY BIRD TIME to receive a \$5 or \$10 Discount!</p> <p>2) Receive a "Fit 4 Life" \$5 or \$10 Coupon when in Multiple Classes!</p>
					<p>Fitness Center Summer Hours</p> <p>Mon- Thursdays: 5:00am – *9:00pm</p> <p>Fridays: 5:00am – *8:00pm</p> <p>Saturdays: 7:00am – *3:00pm</p> <p>Sundays: 8:45am – *12:00pm</p>
					<p>Kidz Zone Summer Hours</p> <p>**Please call to Reserve 2 hours ahead**</p> <p>Mon - Thurs: 8:30a-12 / 4:30-8:15p</p> <p>Fridays: 8:30am – 12:00pm</p> <p>Saturday: 8:45am – 12:00pm</p> <p>Sunday: 10:00am – 12:00pm</p>
					<p>Classes also available upon request:</p> <p>~ Step Aerobics ~ Hoop Fit</p> <p>~ Bootcamp ~ Aerobics</p> <p>Other Ideas?</p>



It's All About The Experience!



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LIVE MUSIC - FRESH PRODUCE
KIDS ACTIVITIES - TASTINGS - AND MORE!

SAVE THE DATES (4th Saturday)
MAY 26 • JUNE 23 • JULY 28 • AUG 25 • SEPT 22
9:00am - 2:00pm



Genoaareachamber.com



50% Off

- Dining
- Shopping
- Entertainment



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