



Group Fitness Class Schedule

New Year ~ New You 2025!

Fit Class Schedule
(815) 784 – FITT (3488)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW Morning 5:15-6:00am Rise & Burn 🔥 Spin Cycling 9:30-10:30am Booty Burn NEW 10:45-11:30am 11:00-12:15pm Senior Spin & Strength 12:15-1:00pm Spin Cycling Beg / Int	Morning Free! Learn to Spin Cycle Instructional Class! Call us! NEW 9:15-10:00am Start Strong! Personal Training + 10:15-11:00am Senior Fit Team	Morning Join the New Year's Resolution Kick-Start Meltdown Program! NEW 9:30-10:30am Transform Bring Out the BEST in Yourself ❤️ NEW 11:00-11:45am CHAIR YOGA STRETCH & BALANCE 11:45-12:30 CHAIR YOGA	Morning NEW 5:15-6:00am Rise & Burn 🔥 Spin Cycling NEW 9:15-10:00am Start Strong! Personal Training + 10:15-11:00am Senior Fit Team	Morning NEW 9:00-10:15am Power Hour #1 Spin & Sculpt 9:35-10:45am Power Hour #2 Sculpt & Spin NEW 11:00-12:15pm Senior Spin & Strength 12:15-1:00pm Spin Cycling Beg / Int	NEW 7:30-8:15am Weekend Burn 🔥 Spin Cycling 8:30-9:30am Pilates Core NEW 10:00 -11:00am Yin Yoga Gentle Tension Release (**Come to class Cold**)
NEW Evening 4:30-5:15pm Fit Kids! 😊 5:30-6:00pm Energy Boost! Spin Cycling NEW 5:30-6:15pm BarreFusion Barre~ Pilates~ Core 6:30-7:30pm SWEAT	Evening NEW 5:30-6:25pm LIFT Weights & Strength! 6:00-7:00pm Burn & Sculpt Spin Cycling +	Evening NEW 5:30-6:15pm Yin Yoga Tension Release (**Come to class Cold**) NEW 6:30-7:00pm Aerial Pilates Strength & Core NEW 7:00-8:00pm Aerial Yoga Flexibility & Core	Evening NEW 4:30-5:15pm Fit Kids! 😊 NEW 5:15-6:15pm DanceFit Cardio Plus 6:30-7:30pm Mix it Up! Full Body/Core	Evening NEW 5:45-6:45pm Slow Flow Yoga ❤️ 7:00-7:45pm Mindfully Zen Meditation *1st Fri of each Month*	LIKE DISCOUNTS?? 1) Sign up a week BEFORE Session Starts for EARLY BIRD TIME \$5 or \$10 Discount! 2) Receive a "Fit 4 Life" \$5 or \$10 Coupon when in Multiple Classes!

SUSPENDED AEROBIC FLOOR TO CUSHION YOUR LEGS & FEET! 😊

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

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

Fitness Center Hours

Mon – Thurs: 5:00am – 9:00pm

Fridays: 5:00am – 8:00pm

Saturdays: 7:00am – 4:00pm

Sundays: 9:00am – 2:00pm

Kidz Zone Hours

Please call to Reserve at least 2 hours ahead

Mon- Thurs: 9:00am– 12:00/4:30– 8:15p

Fridays: 9:00am – 12:00pm

Saturdays: 9:00am – 12:00pm

*If you need special coverage, please call