

HOMETOWN FITNESS CLASS SCHEDULE - SPRING 2016

Facility Hours - Mon - Fri: 5am-10pm Sat - Sun: 7am-5pm

Visit us at www.myhometownfitness.com

Call us at 815-609-0212

Kids Club Hours - Mon - Thu: 9-11am & 5-8pm Fri: 9-11am Sat: 8-11am

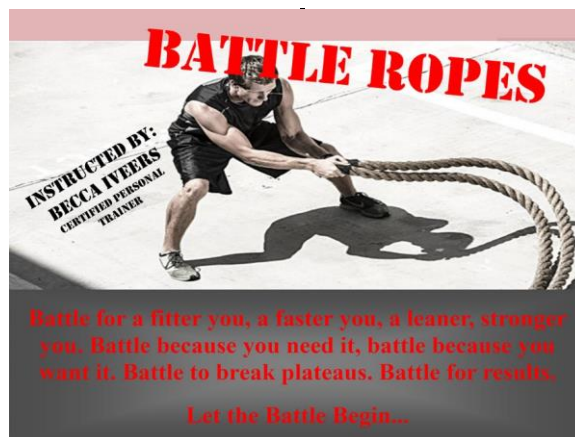
Download our APP in the Apple or Google Store - search hometown fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
5:30AM Cycling STUDIO Greg	6:30AM Battle Ropes SGT STUDIO Becca	5:30AM Cycling STUDIO Greg	6:15AM TRXtreme SGT STUDIO Greg	5:30AM Cycling STUDIO Greg	7:30AM Yoga STUDIO Julie
7:00AM BodyPump STUDIO Minerva	7:00AM Bootcamp STUDIO Minerva	7:00AM BodyPump STUDIO Minerva	6:30AM Battle Ropes SGT STUDIO Becca	7:00AM BodyPump STUDIO Minerva	8:30AM BodyPump STUDIO Julie
8:15AM Silver Sneaker STUDIO Mary	8:00AM Cycling STUDIO Greg	8:15AM Silver Sneaker STUDIO Mary	7:00AM Bootcamp STUDIO Minerva	8:15AM Silver Sneaker STUDIO Mary	9:35AM Core Control STUDIO Minerva
9:10AM BodyPump STUDIO Shannon	9:00AM Brute Camp SGT STUDIO Becca	9:00AM SGT Seniors SGT STUDIO Mary	8:00AM Cycling STUDIO Greg	9:10AM BodyPump STUDIO Marena	10:10AM Zumba STUDIO Minerva
9:15AM TRXtreme SGT STUDIO Greg	9:10AM T.B.G STUDIO Shannon	9:10AM BodyPump STUDIO Julie	9:00AM Brute Camp SGT STUDIO Becca	9:15AM TRXtreme SGT STUDIO Greg	11:00AM Gauntlet SGT STUDIO AJ
	10:05AM Piyo STUDIO Charity	9:30AM PUR Motion SGT STUDIO Marena	9:10AM Power Hour + STUDIO Shannon	10:15AM Cycling STUDIO Marena	
		10:05AM Piyo STUDIO Charity	10:15AM Zumba STUDIO Ligia		
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
5:00PM Tabata STUDIO AJ	5:00PM BodyPump STUDIO Minerva	5:30PM Cycle & Sculpt STUDIO Marena	5:50PM BodyPump STUDIO Minerva	6:00PM Tabata STUDIO Melody	
5:40PM Cardio Kick STUDIO Shannon	6:00PM Zumba STUDIO Minerva	6:30PM Brute Camp SGT STUDIO Becca	7:00PM Torch Her SGT STUDIO Minerva		
6:30PM Crush It SGT STUDIO Julie	7:00PM Torch Her SGT STUDIO Minerva	6:35PM Zumba STUDIO Ligia	7:00PM MMA STUDIO V.M.A.		
7:00PM Zumba STUDIO Becky	7:00PM MMA STUDIO V.M.A.				

GOLD is Small Group Training Schedule
BLUE is Group Exercise Schedule.

This schedule is subject to change. Please visit our website www.hometownfitness.com or our Hometown Fitness App for the latest schedule. *Be aware the app/online schedule start/end times may vary slightly from the paper schedule due to limitations of the software scheduling in 15 min increments. Start/End times are as listed on the paper group exercise schedule.*

-----**SEE BACK FOR CLASS**-----



SGT - Small Group Training

In addition to cost savings, with group personal training you get the added benefit of motivation from both your peers and the instructor. There is more energy in a group setting and even a little bit of good, old-fashioned competition. It's just human nature that if a person next to you is giving an all out effort, you are more likely to do that same. The top ten reasons why SGT is beneficial, in no particular order.... More Personal Attention, More Economical, Variety, Camaraderie, Motivation, Support, Greater Focus, Fun, Adherence and Results.

What are you waiting for?

Upgrade your Membership or Purchase SGT credits today!



Hometown Fitness Class Descriptions

BODYPUMP™ 🔥 *Burn up to 430 Calories** - The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean muscle.

Bootcamp 🔥 *Burn up to 550 Calories** - Conditioning Military Style - inspired circuit workout using calisthenics, & training drills. No matter what your fitness level, this class is for those who want a no nonsense total body workout. Get results!

CardioKick 🔥 *Burn up to 740 Calories** - This class is a great way to torch calories through an intense total-body workout. This fiercely energetic workout will focus on cardiovascular training as well as toning and core work.

Cycle & Sculpt 🔥 *Burn up to 600 Calories** - 30 minutes of heart pounding cycling combined with 20 minutes of strength/toning and killer core moves. Get ready to burn some calories during this intense cardio/strength combo class! Perfect class for all fitness levels.

Group Cycling 🔥 *Burn up to 600 Calories** - Cycling is a great, intense, non-impact workout that combines outdoor cycling techniques with great music!

PiYo 🔥 *Burn up to 400 Calories** - PiYo is a low-impact, high-intensity body transformation program. It uses the most effective Pilates and Yoga inspired moves set to a fast pace to help you burn fat while you sculpt long, lean muscles. You'll sculpt every inch of your body without weights and without straining your joints.

PowerHour Plus 🔥 *Burn up to 550 Calories** - Build lean muscle mass while you strengthen all the major muscle groups and blast calories with cardio intervals. A diversified workout guaranteed to get your muscles moving.

Senior Silver® Sneakers - The Silver Sneakers® Fitness Program offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health and maintain an active, independent lifestyle.

Tabata 🔥 *Burn up to 450 Calories** - A short duration of high intensity exercise followed by a brief rest. In this class you will receive the aerobic benefit that running on a treadmill for 45 minutes would provide PLUS you get the anaerobic benefits of strength, speed and power. It is simply the fastest way to fitness and fat loss. Cardio, strength and much more!

Thighs, Butts & Guts 🔥 *Burn up to 250 Calories** - A great strength workout designed to target all the right spots.

Yoga - Mind-body connection that helps develop focus, balance, strength & flexibility.

Zumba® 🔥 *Burn up to 500 Calories** - The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked on an amazing feel good class.

SGT STUDIO -

Battle Ropes - Get ready for battle with this hard-core, sweat-fest utilizing the toughest fitness equipment around. This Battle Ropes class combines strength and explosiveness to activate and integrate all the major muscle groups for a complete and total body workout with an emphasis on core stability. Get ready to make some serious waves!

Brute Camp - A boot camp is a boot camp is a boot camp. Not this one! Our Brute Camp will incorporate interesting and unique equipment in a small group atmosphere. Limited rests with challenging exercises will most certainly test your stamina, strength and fitness.

Crush It - Come develop your strength, speed, agility and power in this 30-minute-high intensity class. The clock never stops and you should be completely spent by the end! Each class will focus on Cardio, Strength or Plyometric using a variety of weights or just body weight creating muscle confusion, major calorie burn, and excellent fitness gains. This class is not for the faint of heart. Great for athletes and those interested in competing in obstacle courses.

Gauntlet - Run the Gauntlet. We will have you begging for the 45 minutes to be over and when it is, you'll want more. You will realize the limits of your capabilities AND you may just surprise yourself by exceeding them.. Be Bold; Be Strong; Be Afraid but Be There!

Pur Motion - Pur Fitness is great for any age and any fitness level. It is designed to keep the joints happy and working in natural movement patterns. PurMotion Training implements the concept of Multi-Directional Resistance Training guaranteed to improve your body's overall athleticism and function.

Senior SGT - Senior SGT will be a once weekly training that will not only focus on your physical body, but also on the education behind fitness. Each week Mary's sessions will encompass education on a specific fitness related topic as well as exercises and stretches tied to the specific topic. Each session is designed to aid in rehabilitation and strengthen the body.

Torch Her - a 30-minute full body metabolic workout. You will feel your muscles burn and absolutely torch those calories. Non stop from the warm up to cool down.

TRXtreme - Utilizing TRX Bands, you will be put through an orchestrated full body workout designed to hit all your muscles. Your body is your equipment. Your angle is your intensity. Cardio, Strength, Core -Be ready to feel this class.

*Results will vary depending on several factors, including, but not limited to weight, exercise intensity, fitness level, etc. HTF does not guarantee these results and make no warranty regarding specific calories burned for any individual participating in our group exercise classes.