

HOMETOWN FITNESS CLASS SCHEDULE: April 3rd-June 30th

Facility Hours - Mon - Fri: 5am-10pm Sat - Sun: 7am-5pm
 Kids Club Hours - Mon - Thu: 9-11am & 5-8pm Fri: 9-11am Sat: 8-11am

Visit us at www.myhometownfitness.com Call us at 815-609-0212
 Download our APP in the Apple or Google Store - search hometown fitness

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING		MORNING		MORNING		MORNING		MORNING		MORNING		MORNING	
5:30AM SGT Studio	FitBox AJ	5:30AM SGT Studio	Daily WOD Lindsay	5:30AM STUDIO	Cycling Karyn	5:30AM SGT Studio	Daily WOD Lindsay	5:30AM SGT Studio	Daily WOD Lindsay	7:15AM STUDIO	Yoga Kim	10:15AM STUDIO	Zumba Danielle
5:30AM STUDIO	Cycling Karyn	6:30AM SGT Studio	Battle Ropes Lindsay	6:30AM SGT studio	Daily WOD Lindsay	6:30AM SGT Studio	Battle Ropes Lindsay	5:30AM STUDIO	Cycling Karyn	8:30AM STUDIO	RIP 60 Rotation		
6:30AM SGT Studio	Daily WOD AJ	7:00AM STUDIO	Bootcamp Lindsay	7:00AM STUDIO	RIP 60 Minerva	7:00AM STUDIO	Bootcamp Lindsay	7:00AM STUDIO	RIP 60 Minerva	9:00AM SGT Studio	Daily WOD Lindsay/AJ		
7:00AM STUDIO	RIP 60 Minerva	8:00AM STUDIO	Yoga Kim	8:15AM STUDIO	Silver Sneaker Karyn	9:15AM STUDIO	Butts & Guts Minerva	8:15AM STUDIO	Silver Sneaker Mary	9:35AM STUDIO	Core Control Rotation		
8:15AM STUDIO	Silver Sneaker Karyn	9:00 AM SGT Studio	Daily WOD Lindsay	9:15AM STUDIO	Bootcamp Lindsay	10:20AM STUDIO	Zumba Ligia	9:00AM SGT Studio	Daily WOD Lindsay	10:10AM STUDIO	Zumba Rotation		
9:15AM STUDIO	Pumped Marenda							9:10AM STUDIO	RIP 60 Marenda	11:00AM STUDIO	MMA V.M.A.		

EVENING		EVENING		EVENING		EVENING	
5:00PM STUDIO	Tabata AJ	5:00PM STUDIO	RIP 60 Minerva	5:30PM STUDIO	Yoga Ellen	5:00PM STUDIO	Zumba Step Minerva
5:30PM STUDIO	Yoga Tanya	5:30PM SGT Studio	Battle Ropes AJ	5:30PM SGT Studio	FitBox AJ	5:50PM STUDIO	RIP 60 Minerva
5:30PM SGT Studio	Daily WOD Lindsay	6:00PM STUDIO	Zumba Minerva	6:30PM SGT Studio	Daily WOD AJ	6:00PM SGT Studio	Daily WOD Chelsea
6:30PM SGT Studio	Daily WOD Lindsay	7:00PM SGT Studio	Daily WOD Minerva	6:35PM STUDIO	Zumba Ligia	7:00PM SGT Studio	TRX Minerva
6:30PM STUDIO	Zumba Becky	7:00PM STUDIO	MMA V.M.A.			7:00PM STUDIO	MMA V.M.A.

RED is Small Group Training Schedule - SGT
BLACK is Group Exercise Schedule

This schedule is subject to change. Please visit our website myhometownfitness.com or download 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 minute increments. Start/End times are listed on the paper group exercise schedule.



SEE BACK FOR CLASS DESCRIPTIONS

SGT - Small Group Training

In addition to cost savings, with personal training you get the added benefit of motivation from both your peers and 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 the 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!

See front desk for further details...