

HOMETOWN FITNESS CLASS SCHEDULE: August 1-September 30

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 | Cycling Karyn | 5:30AM | Daily WOD SGT Studio Lindsay | 5:30AM | Cycling Karyn | 5:30AM | Daily WOD SGT Studio Lindsay | 5:30AM | Daily WOD SGT Studio Lindsay | 7:15AM | Yoga Kim | 10:15AM | Zumba Danielle |
| 6:30AM | Daily WOD SGT Studio Brent | 6:30AM | Battle Ropes SGT Studio Lindsay | 6:30AM | Daily WOD SGT studio Marena | 6:30AM | Battle Ropes SGT Studio Lindsay | 5:30AM | Cycling Karyn | 8:30AM | RIP 60 Rotation | | |
| 7:00AM | RIP 60 Minerva | 7:00AM | Bootcamp Brent | 7:00AM | RIP 60 Minerva | 7:00AM | Bootcamp Lindsay | 7:00AM | RIP 60 Minerva | 8:30AM | Beg. Yoga Kim | | |
| 8:15AM | Silver Sneaker Karyn | 8:00AM | Yoga Kim | 8:15AM | Silver Sneaker Karyn | 9:00AM | Butts & Guts Minerva | 8:15AM | Silver Sneaker Mary | 9:30AM | Daily WOD SGT Studio Rotation | | |
| 9:15AM | RIP 60 Marena | 9:00 AM | Daily WOD SGT Studio Lindsay | 9:15AM | Bootcamp Lindsay | 10:20AM | Zumba Ligia | 9:00AM | Daily WOD SGT Studio Lindsay | 9:35AM | Core Control Rotation | | |
| | | 9:15AM | Cardio Hip Hop Meagan | | | | | 9:10AM | RIP 60 Marena | 10:10AM | Zumba Rotation | | |
| | | | | | | | | | | 11:00AM | MMA V.M.A. | | |

| EVENING | | EVENING | | EVENING | | EVENING | |
|---------------|---------------------------------|---------------|----------------------------------|---------------|--------------------------------|---------------|-----------------------------------|
| 5:30PM | Yoga Tanya | 5:00PM | RIP 60 Minerva | 5:30PM | Yoga Ellen | 4:00PM | MMA V.M.A. |
| 5:30PM | Daily WOD SGT Studio Lindsay | 5:30PM | Battle Ropes SGT Studio Brent | 5:00PM | FitBox Minerva | 5:50PM | RIP 60 Minerva |
| 6:30PM | Daily WOD SGT Studio Lindsay | 6:00PM | Zumba Minerva | 6:30PM | Daily WOD SGT Studio Melody | 6:00PM | Battle Ropes SGT Studio Marena |
| 6:30PM | Zumba Becky | 7:00PM | Daily WOD SGT Studio Minerva | 6:35PM | Zumba Ligia/Meagan | 7:00PM | TRX RIP SGT Studio Minerva |
| | | 7:00PM | MMA V.M.A. | | | 7:00PM | MMA V.M.A. |

TRY OUR NEW POLAR HEART RATE SYSTEM In ALL SGT CLASSES!

Ever wonder if you are training as efficient as you would like to be? During class you will see your real time heart rate and calories burned. With color coded heart rate zones, your coach will be able to give you immediate guidance during class. After class your individual workout summary will be immediately upload to your polar flow account.

What are you waiting for?

Upgrade youe Membership or Purchase SGT credits today!

See front desk for further details...

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



Friday morning's Cycling will be Outdoor Trail Ride thru August!