

HOMETOWN FITNESS CLASS SCHEDULE: October 1st-December 31st

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

EVENING		EVENING		EVENING		EVENING	
5:30PM STUDIO	Yoga Tanya	5:00PM STUDIO	RIP 60 Minerva	5:30PM STUDIO	Yoga Ellen	4:00PM STUDIO	MMA V.M.A.
6:30PM SGT Studio	Daily WOD Lindsay	5:30PM SGT Studio	Battle Ropes Brent	5:00PM SGT Studio	FitBox Minerva	5:50PM STUDIO	RIP 60 Minerva
6:30PM STUDIO	Zumba Meagan	6:00PM STUDIO	Zumba Minerva	7:00PM SGT Studio	Beg Interval Training Bryan/Meagan	5:30PM SGT Studio	WOD Bryan
		6:00PM SGT Studio	Cycling Karyn	6:35PM STUDIO	Zumba Ligia/Meagan	7:00PM SGT Studio	TRX RIP Minerva
		7:00PM SGT Studio	TRX RIP Minerva			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

TRY OUR 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 your Membership or Purchase SGT credits today!

See front desk for further details...