

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

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