

# HOMETOWN FITNESS CLASS SCHEDULE: January 2nd-March 31st

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

Visit us at [www.myhometownfitness.com](http://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	
<b>5:30AM</b> STUDIO	Cycling Karyn	<b>5:30AM</b> SGT Studio	Daily WOD Lindsay	<b>5:30AM</b> STUDIO	Cycling Karyn	<b>5:30AM</b> SGT Studio	Daily WOD Lindsay	<b>5:30AM</b> SGT Studio	Daily WOD Lindsay	<b>7:15AM</b> STUDIO	Yoga for All Kim
<b>6:30AM</b> STUDIO	RIP 60 Minerva	<b>7:00AM</b> STUDIO	Bootcamp Lindsay	<b>6:30AM</b> STUDIO	RIP 60 Minerva	<b>6:15AM</b> SGT Studio	Battle Ropes Lindsay	<b>5:30AM</b> STUDIO	Cycling Karyn	<b>8:30AM</b> STUDIO	RIP 60 Rotation
<b>8:15AM</b> STUDIO	Silver Sneaker Karyn	<b>8:45AM</b> STUDIO	Yoga for All Carrie	<b>8:15AM</b> STUDIO	Silver Sneaker Karyn	<b>7:00AM</b> STUDIO	Bootcamp Bryan	<b>6:30AM</b> STUDIO	RIP 60 Minerva	<b>8:30AM</b> SGT Studio	Beg. Yoga Kim
<b>9:15AM</b> STUDIO	RIP 60 Marenda	<b>9:45AM</b> STUDIO	Mat Pilates Vicky	<b>9:15AM</b> STUDIO	Cardio Blast Minerva	<b>9:30AM</b> STUDIO	Vinyasa Yoga Carrie	<b>8:15AM</b> STUDIO	Chair Yoga Ellen	<b>9:30AM</b> SGT Studio	Daily WOD Rotation
						<b>10:30AM</b> STUDIO	Zumba Ligia	<b>9:00AM</b> SGT Studio	Daily WOD Lindsay	<b>9:30AM</b> STUDIO	Core Control/Mat Pilates Rotation
								<b>9:10AM</b> STUDIO	Pumped Up Marenda	<b>10:15AM</b> STUDIO	Zumba Rotation
										<b>11:00AM</b> STUDIO	MMA V.M.A.

EVENING		EVENING		EVENING		EVENING	
<b>5:00PM</b> STUDIO	KettleBell Tabata Minerva	<b>5:00PM</b> STUDIO	RIP 60 Minerva	<b>5:30PM</b> STUDIO	Yoga Stretch & Strength Ellen	<b>4:00PM</b> STUDIO	MMA V.M.A.
<b>5:30PM</b> STUDIO	Vinyasa Yoga Tanya	<b>5:30PM</b> SGT Studio	Battle Ropes Melody	<b>5:30PM</b> SGT	WOD Bryan	<b>5:00PM</b> SGT Studio	BodyShred Minerva
<b>6:30PM</b> STUDIO	Bootcamp Melody	<b>6:00PM</b> STUDIO	Zumba Karen	<b>6:15PM</b> SGT Studio	Cycling Kim	<b>5:50PM</b> STUDIO	RIP 60 Minerva
		<b>7:00PM</b> STUDIO	MMA V.M.A.	<b>6:35PM</b> STUDIO	Zumba Ligia/Karen	<b>7:00PM</b> SGT Studio	TRX RIP Minerva
						<b>7:00PM</b> STUDIO	MMA V.M.A.

## 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 youe Membership or Purchase SGT credits today!

See front desk for further details...

**\*New Classes Highlighted in Blue\***

**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**

# Hometown Fitness Class Descriptions

**BodyShred** – A high intensity and endurance based 30 minute workout utilizing a 3 minutes of strength, 2 minutes of cardio, 1 minute of abs approach. You will shed fat, define muscle, and enhance your overall health and athletic performance.

**Bootcamp** - 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!

**Cardio Blast**- 30 minutes of cardio followed by 30 minutes of resistance training challenging your aerobic and anaerobic fitness. All levels welcome, movements can be modified.

**Chair Yoga**- Gentle Yoga, this class includes breathing, stretching, working on strength and flexibility. Most of the exercises and poses will be done sitting on a chair, or standing using the chair for support.

**Core Control** - Blast fat and tone with this intense strength workout! Core Control will include stability ball, bosu, weights and a variety of other training techniques to target not only your midsection, but your entire body!

**Cycling**- Cycling is a great, intense, non-impact workout that combines outdoor cycling techniques with great music!

**Kettlebell Tabata**- This 30 minute time interval class utilizes kettlebells to improve strength, endurance, and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements.

**Mat Pilates**- A perfect introductory Pilates class. Focusing on the Pilates Principles and the classic mat sequence. This class will help develop a strong inner core while helping sculpt long, lean muscles. Perfect for a new Pilates student.

**Pump Up**- A group weight training class using a barbell and a variety of weighted plates choreographed to music

**Rip 60** - Great bodies aren't born; they are transformed. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean muscle

**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.

**Vinyasa Yoga**- A feel good flow, synced to your breath while strengthening every muscle in your body and calming your mind. Leave feeling refueled and ready to take on whatever is next. All levels welcome.

**Yoga for All** - Mind-body connection that helps develop focus, balance, strength & flexibility. Emphasis placed on core strength, flexibility and balance as well as concentration and breath control.

**Yoga Stretch and Strength**- Body weight exercise will be incorporated to target overall strength, balance, flexibility and core conditioning. Optional hand weights, tubing, and stability balls may be used combining the intensity of weight training and the discipline of yoga, for an aligned and defined you!

**Zumba®** - 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- Small Group Training

**Daily WOD** – “workout of the day” is a combination of cardiovascular, strength, agility, flexibility, coordination, and so much more! We can guarantee that you have never had a workout experience like this before. **WE PROMISE!**

**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!

**TRX Rip Trainer** - Seamlessly combining multi-level cardio moves with unique strength training exercises, the RIP trainer is total-body, total-metabolic workout that will have you burning calories long after the workout is over. Attack your fitness goals head on with this awesome, training regimen that is tailor made for every fitness level. Rip Training provides a unique mix of core stability, strength, metabolic conditioning, balance and coordination exercises.

\*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.