

HOMETOWN FITNESS CLASS SCHEDULE: April 16th-June 30th

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

Visit us at www.myhometownfitness.com

Call us at 815-609-0212

Kids Club Hours - Mon - Thu: 8:30-11am & 5-8pm Fri: 8:30-11am Sat: 8-11am

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 STUDIO Karyn	5:30AM Daily WOD SGT Studio Lindsay	5:30AM Cycling STUDIO Karyn	5:30AM Daily WOD SGT Studio Lindsay	5:30AM Daily WOD SGT Studio Lindsay	7:05AM Yoga for All STUDIO Kim	10:00AM Zumba STUDIO Krystal
6:30AM RIP 60 STUDIO Karyn	7:00AM Bootcamp STUDIO Lindsay	6:30AM RIP 60 STUDIO Minerva	6:15AM Battle Ropes SGT Studio Lindsay	5:30AM Cycling STUDIO Karyn	8:20AM RIP 60 STUDIO Rotation	
8:15AM Silver Sneaker STUDIO Karyn	8:15AM Yoga for All STUDIO Ellen	8:15AM Silver Sneaker STUDIO Karyn	7:00AM Boocamp STUDIO Bryan	6:30AM RIP 60 STUDIO Minerva	8:30AM Beg. Yoga SGT Studio Kim	
9:15AM RIP 60 STUDIO Marena	9:15AM Mat Pilates STUDIO Vicky	9:15AM Cardio Blast STUDIO Minerva	9:00AM Vinyasa Yoga STUDIO Carrie	8:15AM Chair Yoga STUDIO Ellen	9:30AM Daily WOD SGT Studio Rotation	
			10:30AM Zumba STUDIO Ligia	9:10AM Pumped Up STUDIO Marena	9:20AM Core/Mat Pilates STUDIO Rotation	
					10:10AM Zumba STUDIO Rotation	
					11:00AM Kids MMA STUDIO V.M.A.	
					12:45AM is Junior Warrior MMA STUDIO V.M.A.	

EVENING	EVENING	EVENING	EVENING
5:00PM KettleBell Tabata STUDIO Minerva	5:00PM RIP 60 STUDIO Minerva	5:15PM Mat Pilates STUDIO Vicky	4:00PM Kids MMA STUDIO V.M.A.
5:30PM Zumba STUDIO Minerva	6:00PM Zumba STUDIO Karen	5:15PM Daily WOD SGT Bryan	5:00PM BodyShred SGT Studio Minerva
6:00PM Daily WOD SGT Studio Lindsay	6:00PM FitBox SGT STUDIO Minerva	6:00PM Cycling STUDIO Marena	5:30PM RIP 60 STUDIO Minerva
6:30PM Vinyasa Yoga STUDIO Tanya	7:00PM Adult MMA STUDIO V.M.A.	6:35PM Zumba STUDIO Lig/Kar/Kry	6:30PM TRX RIP SGT Studio Minerva
			7:00PM Adult MMA STUDIO V.M.A.

**It's time to up the Intensity!
New SGT Prices! \$5 Per Class**

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?

Purchase SGT classes 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

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.

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.

Pumped Up- An overall strength training class that incorporates dynamic movements utilizing dumbbells, bosu balls, bands and more to help improve strength, balance and core stability.

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.

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!

FitBox – Kickboxing utilizing our water heavy bags. These bags are softer and more forgiving than standard heavy bags. The water absorbs the impact; plyometrics, dynamic strength training, isometrics, core strengthening and a mix of cardiovascular movements to help reach your goals and get results!

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.