

# HOMETOWN FITNESS CLASS SCHEDULE: August 20th-October 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: 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
<b>MORNING</b>	<b>MORNING</b>	<b>MORNING</b>	<b>MORNING</b>	<b>MORNING</b>	<b>MORNING</b>	<b>MORNING</b>
<b>5:30AM</b> Cycling STUDIO Karyn	<b>5:30AM</b> Daily WOD SGT Studio Lindsay	<b>5:30AM</b> Cycling STUDIO Karyn	<b>5:30AM</b> Daily WOD SGT Studio Lindsay	<b>5:30AM</b> Daily WOD SGT Studio Bryan/Mel	<b>7:05AM</b> Yoga for All STUDIO Kim	<b>8:30AM</b> Vinyasa Yoga STUDIO Jamie
<b>7:00AM</b> RIP 60 STUDIO Karyn	<b>7:00AM</b> Bootcamp STUDIO Lindsay	<b>7:00AM</b> RIP 60 STUDIO Minerva	<b>6:15AM</b> Battle Ropes SGT Studio Lindsay	<b>5:30AM</b> Cycling STUDIO Karyn	<b>8:15AM</b> RIP 60 STUDIO Minerva/Marenda	
<b>8:15AM</b> Silver Sneaker STUDIO Karyn	<b>8:15AM</b> Yoga for All STUDIO Ellen	<b>8:15AM</b> Silver Sneaker STUDIO Karyn	<b>7:00AM</b> Bootcamp STUDIO Bryan	<b>7:00AM</b> RIP 60 STUDIO Minerva	<b>8:15AM</b> Beg. Yoga SGT Studio Kim	
<b>9:15AM</b> RIP 60 STUDIO Marenda	<b>9:15AM</b> Mat Pilates STUDIO Vicky	<b>9:15AM</b> Cardio Blast STUDIO Minerva	<b>8:30AM</b> Vinyasa Yoga STUDIO Jamie	<b>8:15AM</b> Chair Yoga STUDIO Ellen	<b>9:30AM</b> Daily WOD SGT Studio Rotation	
			<b>9:30AM</b> Barre STUDIO Vicky	<b>9:15AM</b> Pumped Up STUDIO Marenda	<b>9:15AM</b> Core/Mat Pilates STUDIO Rotation	
			<b>10:30AM</b> Zumba STUDIO Ligia		<b>10:00AM</b> Zumba STUDIO Minerva/Karen	
					<b>11:00AM</b> Kids MMA STUDIO V.M.A.	

EVENING	EVENING	EVENING	EVENING
<b>5:00PM</b> KettleBell Tabata STUDIO Minerva	<b>5:30PM</b> RIP 60 STUDIO Minerva	<b>5:15PM</b> Barre STUDIO Vicky	<b>5:00PM</b> HIIT STUDIO Minerva
<b>5:30PM</b> Zumba STUDIO Minerva	<b>6:30PM</b> Zumba STUDIO Karen	<b>6:00PM</b> Cycling SGT Studio Marenda	<b>5:30PM</b> RIP 60 STUDIO Minerva
<b>6:30PM</b> Daily WOD SGT Studio Bryan	<b>7:00PM</b> Daily WOD SGT Studio Bryan	<b>6:30PM</b> Zumba STUDIO Lig/Kry	<b>6:45PM</b> TRX Fusion SGT Studio Minerva
<b>6:30PM</b> Vinyasa Yoga STUDIO Jamie	<b>7:30pm</b> Barre STUDIO Vicky		

**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](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

**Barre** – A fusion of yoga, Pilates, strength training, and ballet, Barre classes incorporate specific sequencing patterns and isometric movements that target specific muscle groups to improve strength, balance, flexibility, and posture. Barre workouts are low impact and appropriate for all fitness levels

**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!

**HIIT** – A high intensity and endurance based 30 minute workout. You will shed fat, define muscle, and enhance your overall health and athletic performance.

**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 Fusion** – Seamlessly combining multi-level cardio moves with unique strength training exercises, utilizing the TRX system and body weight. Attack your fitness goals head on with this awesome, training regimen that is tailor made for every fitness level. TRX 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.