

UNLIMITED STUDIO CLASSES  
 \$10 A MONTH  
 815-609-0212

## HOMETOWN FITNESS FEBRUARY SCHEDULE

[www.myhometownfitness.com](http://www.myhometownfitness.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.		7:00 - 8:00 Boot Camp		7:00 - 8:00 Boot Camp		7:30 - 8:30 Yoga	A.M.
		8:15 - 9:00		8:15 - 9:00	9:15 - 10:00		A.M.
	9:15 - 10:00 Yoga Sculpt	Silver Sneaks'	9:15 - 10:00 Kettle Bell	Silver Sneaks'	Bag Basics	8:45-9:45 Boot Camp	A.M.
		9:15 - 10:00 Thighs Butts & Guts			10:00 - 11:00		A.M.
	10:00 - 11:00 Kettle Bell	10:00 - 11:00 Zumba	10:00 - 11:00 Pilates	10:00 - 11:00 Zumba Toning	Cardio 101	10:00 - 11:00 Zumba	10:00 - 11:00 Zumba
<b>BRING A FRIEND FOR FREE!</b> Monthly Family Class Pass \$10							
P.M.	4:30 - 5:30 Total Body Buster		5:30 - 6:15 Intense AB's	6:00 - 6:45 Kettle Bell			P.M.
	6:15 - 7:00 Cross Train	7:00 - 8:00 Yoga - Lates	6:15 - 7:15 Zumba	6:30 - 7:30 Zumba	<b>4:00 - 7:00 Free Floor Trainer</b>	<b>1:00 - 4:00 Free Floor Trainer</b>	P.M.
							P.M.
	7:15 - 8:00 Spinning	8:00 - 9:00 Zumba	6:15 - 7:00 Boot Camp				P.M.

**If you would like to see more classes at other times or new classes please tell your instructor.**

Personal Training also available for as low as \$30 per session

For more information, schedule a complimentary fitness assessment at the front desk.