

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

HOMETOWN FITNESS MARCH SCHEDULE

www.myhometownfitness.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	A.M.	7:00 - 8:00		7:00 - 8:00		7:30 - 8:30	A.M.
	A.M.	Boot Camp		Boot Camp		Yoga	A.M.
	A.M.	8:15 - 9:00			9:00 - 10:00	8:45-9:45	A.M.
	9:15 - 10:00	Silver Sneaks'	9:15 - 10:00	8:15 - 9:00	20-20-20	Boot Camp	8:45-9:45
	Yoga Sculpt	9:15 - 10:00	Kettle Bell	Silver Sneaks'	10:00 - 11:00	Zumba	Yoga Fusion
	10:00 - 11:00	Thighs Butts & Guts	10:00 - 11:00	10:00 - 10:50	10:00 - 11:00	Nutrition Class	10:00 - 11:00
	Kettle Bell	10:00 - 11:00	Pilates	Zumba	Cardio 101	11:00 - 12:00	Zumba
		Zumba		Toning		<i>Eating 4 Energy</i>	
						<i>March 24th Only</i>	
BRING A FRIEND FOR FREE! Monthly Family Class Pass \$10							
P.M.	5:30 - 6:15		5:30 - 6:15				P.M.
	Power Yoga		Ab Attack				P.M.
	6:15 - 7:00	7:00 - 8:00	6:00 - 6:50	6:00 - 6:45	4:00 - 7:00	1:00 - 4:00	P.M.
Cross Train	Yoga - Lates	Zumba	Kettle Bell	Free Floor	Free Floor	P.M.	
				Trainer	Trainer	P.M.	
	7:15 - 8:00	8:00 - 9:00	6:15 - 7:00	6:30 - 7:30			P.M.
	Spinning	Zumba	Boot Camp	Zumba			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