



GENESEO
PARK DISTRICT
AUGUST PROGRAMS
www.GeneseoParkDistrict.org

WATER FITNESS

Members Only. No walk-ins at this time.

12 maximum participants / class

JUST THE GUYS (M) #15506

An exercise class that works on increasing muscular strength and cardiovascular endurance, plus core strengthening and balance work. A fun-filled hour for men of all ages.

INSTRUCTOR: Therresa Bowton

7:30 - 8:30 am | TU

August 4 - 25, 2020 (\$18 M)

7:30 - 8:30 am | TH

August 6 - 27, 2020 (\$18 M)

FIT HAPPENS A.M. (H) #15507

This class combines high intensity rhythmic movements with resistance training. A class guaranteed to burn calories and get you into shape.

INSTRUCTOR: Laura Goetz

9:00 - 10:00 am | M

August 3 - 31, 2020 (\$22.50 M)

9:00 - 10:00 am | W

August 5 - 26, 2020 (\$18 M)

9:00 - 10:00 am | F

August 7 - 28, 2020 (\$18 M)

FIT HAPPENS P.M. (H) #15508

This high intensity, total body workout will utilize the entire pool.

INSTRUCTOR: Laura Goetz & Jill Neal

5:30 - 6:30 pm | M

August 3 - 31, 2020 (\$22.50 M)

5:30 - 6:30 pm | W

August 5 - 26, 2020 (\$18 M)

FITNESS CLASSES

No walk-ins at this time

EARLY BURN (H) #14104

A great way to start your day. For both men & women of all ages. You do what you can and modify where needed. This class is a total body muscle conditioning using dumbbells, weighted bar, bands, exercise balls, bosu ball and your own body weight. With cardio mixed with strength, you will burn calories, build strength and increase endurance.

INSTRUCTOR: Carie Kreiner

5:15 - 6:15 am | M

August 3 - 31, 2020 (\$22.50 M/\$45 NM)

5:15 - 6:15 am | W

August 5 - 26, 2020 (\$18 M/\$36 NM)

5:15 - 6:15 am | F

August 7 - 28, 2020 (\$18 M/\$36 NM)

INFERNO PILATES (M) #14106

A challenging, full-body, low-impact, high intensity work-out, using Pilates principles. It is designed for all fitness levels. It helps tone and strengthen muscles without the pounding of a high impact workout. The class is performed with fast-paced music making it fun, exciting and energizing.

INSTRUCTOR: Shannon Port

6:00 - 7:00 pm | TU

August 4 - 25, 2020 (\$18 M/\$36 NM)

7:00 - 8:00 am | F

August 7 - 28, 2020 (\$18 M/\$36 NM)

YBB (H) #14112

If you love yoga and you love to dance, YBB may be just the workout you've been searching for. This innovative class combines yoga-inspired moves with fun dance routines to help you lean out, build muscles, and improve self-confidence.

INSTRUCTOR: Shannon Port

8:15 - 9:15 am | SA

August 1 - 29, 2020 (\$22.50 M/\$45 NM)

POUND (H) #14110

Sweat, Sculpt & ROCK with POUND! This full body cardio jam session is inspired by the sweat-dripping, infectious, energizing fun of drumming!

INSTRUCTOR: Shannon Port

6:00 - 7:00 pm | TH

August 6 - 27, 2020 (\$18 M/\$36 NM)

YOGA

No walk-ins at this time

FLOW (M) #14111

Flow is feel-good vinyasa designed for all fitness levels. Prepare to move with full body sequences that will energize your day and lift your spirits. This is a music driven yoga experience where you will find the beat, your breath, and FLOW.

INSTRUCTOR: Shannon Port

7:00 - 8:00 am | TU

August 4 - 25, 2020 (\$18 M/\$36 NM)

INDOOR POOL LAP SWIM/WATER EXERCISE *by reservation only.*

Limit of 2 swimmers/lane

NEW LIMIT STARTING AUGUST 3RD

Only one reservation per person/day.

Reservations made weekly online or by calling
(309) 944-5695

RESERVATIONS OPEN:

Week of August 3rd opens August 2nd

Week of August 10th opens August 9th

Week of August 17th opens August 16th

Week of August 24th opens August 23rd

MORE PROGRAMS
on reverse side →

AUGUST PROGRAMS cont.

www.GeneseoParkDistrict.org



CYCLING

No walk-ins at this time

HIP HOP SPIN (H) #14504

Get ready to cycle harder than you ever thought you could! Take every memory about every intense workout you've ever had, add a bike and high energy music, and you'll start to get the idea!

INSTRUCTOR: Shannon Port

6:00 - 7:00 PM | M

August 3 - 31, 2020 (\$27.50M/\$55 NM)

LEARN TO SWIM

Lessons are for ages 3 and over at the Indoor Pool. Call at 944-5695 to schedule private, semi-private or special swims. Once requests are made, instructor & four ½ hour lesson times will be assigned. *Specialty swim Lessons will expire one year from the date of purchase & must be paid prior to the first lesson.*

PRIVATE SWIM LESSONS

Private swim lessons are one instructor to one student. Lessons are thirty minutes. FEE: \$75 M / \$150 NM

SEMI-PRIVATE SWIM LESSONS

Semi-private swim lessons are one instructor to two or three students at similar swimming levels. Lessons are thirty minutes. FEE: \$60 M / \$120 NM

SPECIAL SWIM

Special swim is a great one-on-one course for participants with disabilities. Times & instructors will be assigned when participants register. FEE: \$50 M / \$100 NM

GYMNASTICS

Members Only

IN ORDER TO MAINTAIN SOCIAL DISTANCING GUIDELINES...

- It is recommended that gymnasts are dropped off at The Center's front doors no more than 5 minutes before class.
- Parents may come in with gymnasts to check-in, but are asked to return to their cars once class begins.

INSTRUCTORS: Larry & Chris Ward, *Certified GHS Gymnastic Coaches*

CLASS MAX: 8 participants

HIGH SCHOOL / MIDDLE SCHOOL OPTIONALS GRADE: 8th & up

Boys or girls interested will combine with the Geneseo High School Gymnasts for this Non-Competitive Optionals class. In optional gymnastics there are a set of guidelines, or level requirements and routines are built around them. Each gymnast has their own music (on the Floor Exercise) and her routine is built to show off their strengths.

6:00 - 7:30 pm | M & W
August 3 - 26, 2020 (\$120 M)

or
6:00 - 7:30 pm | TU & TH
August 4 - 27, 2020 (\$120 M)

JUNIOR OLYMPIC LEVEL 2-6

AGES: 7 yrs or older
Are you interested in competitive gymnastics? Then this is the program for you. Gymnastics routines will be learned and developed.

4:00 - 5:30 pm | M & W
August 3 - 26, 2020 (\$120 M)

or
4:00 - 5:30 pm | TU & TH
August 4 - 27, 2020 (\$120 M)



The Geneseo Running Club meets
WEDNESDAYS 7:00 PM at GBC
SATURDAYS 7:30 AM
at Canal Locks on Grange Road

PERSONAL TRAINING

CERTIFIED PERSONAL TRAINERS: John Davis & Shannon Port, Hammond-Henry Rehab

TRADITIONAL

Traditional Personal Training is one person working with one of our Certified Personal Trainers. It offers the greatest flexibility to use the sessions when it is convenient for you, the utmost privacy and the best personalized program.

1 session | FEE: \$30 M / \$60 NM
5 Sessions | FEE: \$125 M / \$250 NM

SEMI-PRIVATE

Semi-Private Personal Training is 2-3 friends or family members working with one of our Certified Personal Trainers at the same time. It offers the flexibility to use the sessions when it is convenient for all people, support from friends and family members and a personalized program that meets the common goal of all individuals, but at a reduced fee.

1 session | FEE: \$25 M / \$50 NM
5 Sessions | FEE: \$110 M / \$220 NM



**VIEW & REGISTER FOR ACTIVITIES
ONLINE**



 NO FEES

 EASY

 24_{hr} CONVENIENT

 SAVES TIME