



# UPCOMING PROGRAMS

AT THE CENTER IN JULY  
GeneseoParkDistrict.org

## FITNESS CLASSES

### 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

**WALK-IN FEE:** No walk-in option at this time

5:15 - 6:15 am | M

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

5:15 - 6:15 am | W

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

5:15 - 6:15 am | F

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

### POUND (H) #14104

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

**WALK-IN FEE:** No walk-in option at this time

6:00 - 7:00 pm | TH

July 9 - 30, 2020 (\$18 M/\$36 NM)

### FLEX (M) #14106

Flex is 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

**WALK-IN FEE:** No walk-in option at this time

6:00 - 7:00 pm | TU

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

8:00 - 9:00 am | F

July 10 - 31, 2020 (\$18 M/\$36 NM)



## YOGA

### 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

**WALK-IN FEE:** No walk-in option at this time

8:00 - 9:00 am | TU

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

## CYCLING

### 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

**WALK IN FEE:** No Walk-Ins allowed

6:00 - 7:00 PM | M

July 6 - 27, 2020 (\$22 M/\$44 NM)

## VIEW & REGISTER FOR ACTIVITIES

### ONLINE



NO FEES

EASY

24<sub>hr</sub> CONVENIENT

SAVES TIME

SAVES PAPER



MORE PROGRAMS



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## PERSONAL TRAINING

### TRADITIONAL PERSONAL TRAINING

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.

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

1 session | FEE: \$30 M / \$60 NM

5 Sessions | FEE: \$125 M / \$250 NM

### SEMI-PRIVATE PERSONAL TRAINING

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.

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

1 session | FEE: \$25 M / \$50 NM

5 Sessions | FEE: \$110 M / \$220 NM

## LEARN TO SWIM STARTING JULY 6<sup>TH</sup>

### PRIVATE SWIM LESSONS

Private swimming lessons are one instructor to one student. Lessons are thirty minutes.

FEE: \$75 M / \$150 NM

### SEMI-PRIVATE SWIM LESSONS

Semi-private swimming 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

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.*

## LAP SWIM/WATER EXERCISE SCHEDULE

### STARTING JULY 6<sup>TH</sup> AT THE CENTER'S INDOOR POOL

Visit our website for lap swim schedule [GeneseoParkDistrict.org/community-center/#indoor](http://GeneseoParkDistrict.org/community-center/#indoor)

- Adult Only Lap Swimming or Water Exercise allowed.
- **Limit of 1 swimmer/lane\* (\*2 swimmers from the same household can share a lane)**
- **Only one reservation per person/day.**
- **Reservations made weekly.** Contact (309) 944-5695 to make a reservation.
  - The week of July 6th is now open for reservations.
  - Week of July 13th opens Sunday July 12th for reservations.
  - Week of July 20th opens Sunday July 19th for reservations.
  - Week of July 27th opens Sunday July 26th for reservations.

MON	TUE	WED	THU	FRI	SAT	SUN
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