

# FITNESS | WATER FITNESS | LAP SWIM *at a glance*

MON	TUE	WED	THU	FRI	SAT	SUN
ADULT LAP SWIM 5:15- 8:00 am	ADULT LAP SWIM 5:15- 6:55 am	ADULT LAP SWIM 5:15- 8:00 am	ADULT LAP SWIM 5:15- 6:55 am	ADULT LAP SWIM 5:15- 6:55 am		
SCULPT 6:00- 6:45 am	HIP HOP SPIN 6:00- 6:45 am	POWER FLOW 6:00- 6:45 am	SCULPT 6:00- 6:45 am	POWER FLOW 6:00- 6:45 am		
	JUST THE GUYS IP 7:00- 8:00 am <i>FREE in September</i>		JUST THE GUYS IP 7:00- 8:00 am	JUST THE GUYS IP 7:00- 8:00 am	ADULT LAP SWIM 7:00- 9:00 am <i>9/3 - 12/10</i>	ADULT LAP SWIM 7:00- 9:00 am <i>9/4 - 12/11</i>
FIT HAPPENS A.M. IP 8:30- 9:30 am		FIT HAPPENS A.M. IP 8:30- 9:30 am		FIT HAPPENS A.M. IP 8:30- 9:30 am <i>FREE in October</i>		
BUFF BONES 9:00- 10:00 am	SLOW FLOW 9:00- 10:15 am	BUFF BONES 9:00- 10:00 am	SLOW FLOW 9:00- 10:15 am			
FOR THE LOVE OF FIT IP 9:45- 10:45 am <i>FREE in December</i>		FOR THE LOVE OF FIT IP 9:45- 10:45 am	<i>FREE</i> ACTIVE ADULT EXERCISE CLASS 9:00- 10:05 am	FOR THE LOVE OF FIT IP 9:45- 10:45 am		
POST THERAPY FITNESS 10:15- 11:00 am		POST THERAPY FITNESS 10:15- 11:00 am				
ADULT LAP SWIM 11:00 am- 1:00 pm	ADULT LAP SWIM 11:00 am- 1:00 pm	ADULT LAP SWIM 11:00 am- 1:00 pm	ADULT LAP SWIM 11:00 am- 1:00 pm	ADULT LAP SWIM 11:00 am- 1:00 pm		
	PARKINSON'S STRONG 11:00 am- Noon	WOMEN'S WELLNESS 11:15 am- Noon	PARKINSON'S STRONG 11:00 am- Noon	WOMEN'S WELLNESS 11:15 am- Noon		
					PUBLIC/OPEN SWIM 12:30- 2:30 pm <i>9/10 - 12/10</i>	PUBLIC/OPEN SWIM 12:30- 2:30 pm <i>9/11 - 12/11</i>
ADULT SUMMIT 5:00- 6:00 pm	ADULT SMART START 5:00- 6:00 pm	ADULT SUMMIT 5:00- 6:00 pm	ADULT SMART START 5:00- 6:00 pm	ADULT SUMMIT 4:00- 5:00 pm		
FIT HAPPENS P.M. IP 5:30- 6:30 pm <i>FREE in November</i>			FIT HAPPENS P.M. IP 5:30- 6:30 pm			
FAMILY/LAP SWIM 7:00- 8:00 pm	FAMILY/LAP SWIM 7:00- 8:00 pm	FAMILY/LAP SWIM 7:00- 8:00 pm	FAMILY/LAP SWIM 7:00- 8:00 pm	PUBLIC/OPEN SWIM 6:00- 8:00 pm <i>11/4 - 12/9</i>		

## ADULT LAP SWIM

Included in Community Center or Park District Membership, Non-Members pay daily admission fee of \$8 Adult or \$7 Senior/Youth. 2 lanes reserved for Lap Swimmers, 2 lanes reserved for water exercise

## FAMILY/OPEN SWIM

Included in Community Center or Park District Membership, Non-Members pay daily admission fee of \$8 Adult or \$7 Senior/Youth. 2 lanes reserved for Lap Swimmers, 2 lanes reserved for Family Swim

## IP

Water Fitness Class held at the Community Center Indoor Pool. *Registration or walk-in fee required to attend.*

A **FREE** Water Fitness Class is offered each month. [LEARN MORE >](#)

**INTERESTED LAP SWIMMERS UNDER 18 MUST GET PERMISSION TO ATTEND ADULT LAP SWIM. CONTACT NATHANIEL AT (309) 944-5695.**

## INDOOR POOL SHUTDOWN

The Indoor Pool will be shutdown

**DECEMBER 17 - 25, 2022** for Annual Maintenance.



## PARK DISTRICT MEMBERSHIP

### DID YOU KNOW...

a Park District Membership gives you access to all Geneseo Park District Facilities and Amenities? That mean access to the Indoor Pool, Elevated Walking Track, Cardio & Weight Rooms, Aquatic Center, 50% off ALL programs and much more!

[CLICK HERE FOR MEMBERSHIP INFORMATION](#)

