

new fitness programs

at the Geneseo Community Center



POUND

November 7 | 6:00-6:30pm
November 24 | 9:45-10:15am*

BARRE

November 10 | 9:45-10:45am
November 21 | 6:00-7:00pm

PIYO

November 14 | 6:00-7:00pm

SCULPT & FLOW YOGA

November 17 | 9:45-10:45am
November 28 | 6:00-7:00pm

*No childcare available on November 24th

REGULARLY SCHEDULED PROGRAMS BEGIN IN DECEMBER

Don't wait to participate! Classes will be cancelled if minimum enrollments are not met 3 days prior to the start of classes or programs

#24102 PIYO (H)
PiYo is a total-body fitness class designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, and increase flexibility.

Instructor: Shannon Port
Class Fee: \$12 Members / \$24 Non-Members
Walk-In Fee: \$6 M/ \$8 MG / \$12 NM

9:45 - 10:45 am | M
December 4 - 18, 2017
or
6:00 - 7:00 pm | TH
December 7 - 21, 2017

#24110 POUND (H)
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
Class Fee: \$6 Members / \$12 Non-Members
Walk-In Fee: \$3 M / \$4 MG / \$6 NM

5:15 - 5:45 pm | TU
December 5 - 19, 2017
or
5:15 - 5:45 pm | TH
December 7 - 21, 2017
or
9:45 - 10:15 am | F
December 8 - 22, 2017

#24128 SCULPT & FLOW YOGA (M)
A twist on a traditional yoga class. What to expect? A yoga flow with added strength training (no weights, just body weight NM), a fun cardio sequence, and great music! This class is all about fun, while still challenging you with yoga!

Instructor: Shannon Port
Class Fee: \$12 Members / \$24 Non-Members
Walk-In Fee: \$6 M / \$8 MG / \$12 NM

6:00 - 7:00 pm | TU
December 5 - 19, 2017

#24106 BARRE (H)
Barre class focuses on the entire body using high repetitions and low weight or body weight. There will be a warm-up, arm focus section, all the major muscles in the legs, hips, thighs,glutes will get love, and mat core work. It is all here in the class that fuses ballet, isometric movements, yoga, and pilates.

Instructor: Shannon Port
Class Fee: \$12 Members/\$24 Non-Members
Walk-In Fee: \$6 M / \$8 MG / \$12 NM

9:45 - 10:45 am | W
December 6 - 20, 2017

