

AT A GLANCE

JUNE - AUGUST 2025

Fitness, Water Fitness & Lap Swims held at the Geneseo Community Center unless otherwise listed

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		
	JUST THE GUYS WF 7:00- 8:00 am		JUST THE GUYS WF 7:00- 8:00 am	JUST THE GUYS WF 7:00- 8:00 am	ADULT LAP SWIM 7:00- 9:00 am 6/7 - 8/30	ADULT LAP SWIM 7:00- 9:00 am 6/8 - 8/31
FIT HAPPENS A.M. WF 8:30- 9:30 am		FIT HAPPENS A.M. WF 8:30- 9:30 am		FIT HAPPENS A.M. WF 8:30- 9:30 am FREE! in June		
PILATES X STRENGTH 9:00- 10:00 am	SLOW FLOW 9:00- 10:15 am	PILATES X STRENGTH 9:00- 10:00 am	SLOW FLOW 9:00- 10:15 am ACTIVE ADULT EXERCISE CLASS FREE! 9:00- 10:00 am	PILATES X STRENGTH 9:00- 10:00 am	H.I.I.T. 9:00 - 9:45 am YOGA FOUNDATIONS WORKSHOP 9:00 - 9:45 am <i>Only held 6/14, 7/12, 8/9 at Anderson Memorial Park</i>	
		WALKING CLUB 9:30- 10:30 am			VINYASA FLOW YOGA 10:00- 11:00 am <i>Only held 6/14, 7/12, 8/9 at Anderson Memorial Park</i>	
FOR THE LOVE OF FIT WF 9:45- 10:45 am		FOR THE LOVE OF FIT WF 9:45- 10:45 am FREE! in August		FOR THE LOVE OF FIT WF 9:45- 10:45 am		
	PARKINSON'S STRONG 11:00 am- Noon		PARKINSON'S STRONG 11:00 am- Noon			
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		
ADULT SUMMIT 5:00- 6:00 pm <i>held at GFAC</i>		ADULT SUMMIT 5:00- 6:00 pm <i>held at GFAC</i>	MS FITNESS ACCESS 5:00- 6:00 pm	ADULT SUMMIT 4:00- 5:00 pm <i>held at GFAC</i>	Looking for Youth Summit? FIND HIGH SCHOOL & MIDDLE SCHOOL SUMMIT CLASSES ON PAGE 17 >	
FIT HAPPENS P.M. WF 5:30- 6:30 pm FREE! in July	SWITCH IT UP NEW! 5:30- 6:15 pm		FIT HAPPENS P.M. WF 5:30- 6:30 pm			
PUMP & TONE NEW! 6:00- 6:45 pm	PEDAL POWER 6:30- 7:15 pm		PUMP & TONE NEW! 6:00- 6:45 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		INDOOR POOL SHUTDOWN [SHUTDOWN FOR ANNUAL MAINTENANCE] June 30 - July 13, 2025 ADULT LAP SWIM & WATER WALKING SPECIAL HOURS June 30 - July 13, 2025 Not held 7/4 M - F 5:15 - 7:00 am FREE for Community Center, Park District & Aquatic Center Members DAILY ADMISSION for Non-Members	

INDOOR POOL

ADULT LAP SWIM Included in Community Center or Park District Membership, Non-Members pay daily admission fee [\$9 Adult or \$8 Senior/Youth].
2 lanes reserved for Lap Swimmers, 2 lanes reserved for water exercise. *Lanes adjusted based on intended usage.*

PUBLIC/OPEN SWIM Included in Community Center or Park District Membership, Non-Members pay daily admission fee. Children under 10 years of age must be with a guardian 14 years or older.

FAMILY/LAP SWIM Included in Community Center or Park District Membership, Non-Members pay daily admission fee.
2 lanes reserved for Lap Swimmers, 2 lanes reserved for Family Swim

WF 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 >**



INDOOR POOL SHUTDOWN

[SHUTDOWN FOR ANNUAL MAINTENANCE]
June 30 - July 13, 2025

ADULT LAP SWIM & WATER WALKING SPECIAL HOURS

June 30 - July 13, 2025 **Not held 7/4**
M - F | 5:15 - 7:00 am

FREE for Community Center, Park District & Aquatic Center
Members
DAILY ADMISSION for Non-Members

INTERESTED LAP SWIMMERS UNDER 18

MUST GET PERMISSION TO ATTEND ADULT LAP SWIM.

CONTACT NATHANIEL AT (309) 944-5695

