


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

SEPTEMBER - DECEMBER 2024

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 FREE! in September		JUST THE GUYS WF 7:00- 8:00 am	JUST THE GUYS WF 7:00- 8:00 am		
FIT HAPPENS A.M. WF 8:30- 9:30 am		FIT HAPPENS A.M. WF 8:30- 9:30 am FREE! in October		FIT HAPPENS A.M. WF 8:30- 9:30 am LIFT 8:30- 9:15 am	ADULT LAP SWIM 7:00- 9:00 am 9/7 - 12/14	ADULT LAP SWIM 7:00- 9:00 am 9/1 - 12/15
AQUA EXERCISE WF 9:00- 10:00 am <i>held at HHH</i> 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 AQUA EXERCISE WF 9:00- 10:00 am <i>held at HHH</i>			
		WALKING CLUB FREE! 9:30- 10:30 am				
FOR THE LOVE OF FIT WF 9:45- 10:45 am		FOR THE LOVE OF FIT WF 9:45- 10:45 am		FOR THE LOVE OF FIT WF 9:45- 10:45 am FREE! in December		
	PARKINSON'S STRONG 11:00 am- Noon	YOGA FOR PELVIC HEALTH 10:15- 11:15 am	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		
MATERNITY SUMMIT Noon- 1:00 pm <i>in October</i> MATERNITY WATER FITNESS SUMMIT WF Noon- 1 :00 pm <i>held at HHH in November</i>						PUBLIC/OPEN SWIM 11:30 am-2:30 pm 9/8 - 12/15
	POST THERAPY FITNESS 1:15- 2:00 pm		POST THERAPY FITNESS 1:15- 2:00 pm			
PUBLIC/OPEN SWIM NEW! 3:30- 5:00 pm 11/11 - 12/16						
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 <i>September - November Only</i>	ADULT SUMMIT 4:00- 5:00 pm <i>held at GFAC</i>	 DECEMBER 21 - 29, 2024 INDOOR POOL SHUTDOWN FOR ANNUAL MAINTENANCE INTERESTED LAP SWIMMERS UNDER 18 MUST GET PERMISSION TO ATTEND ADULT LAP SWIM. CONTACT NATHANIEL AT (309) 944-5695.	
FIT HAPPENS P.M. WF 5:30- 6:30 pm FREE! in November			FIT HAPPENS P.M. WF 5:30- 6:30 pm			
			ADULT SMART START 6:00- 7:00 pm	PUBLIC/OPEN SWIM 6:00- 8:00 pm 11/1 - 12/13		
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			

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.*

FAMILY/OPEN 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 >](#)

