

Fitness

DON'T DELAY!
**Programs that fail to reach minimum enrollment
 5 business days prior to the first class meeting
 will be canceled.**

Yoga

Yoga enhances flexibility, strengthens muscles, and offers a new outlook on life. This class is designed to ease mature adults into a discipline that will help refresh their bodies and minds. Instructor Melissa Walter-Hart is a registered and certified yoga instructor with more than 18 years of teaching experience. Participants should bring a yoga mat and refrain from eating at least two hours before class. KW

Beginning

Program #	Day	Date	Time	Location
14250A1	M	Sep. 13-Oct. 18	7-8 pm	STREA
14250A3	W	Sep. 15-Oct. 20	10-11 am	PTWN
14250A4	F	Sep. 17-Oct. 22	10-11 am	PTWN
14250B1	M	Oct. 25-Nov. 29	7-8 pm	STREA
14250B3	W	Oct. 27-Dec. 1	10-11 am	PTWN
14250B4	F	Oct. 29-Dec. 10	10-11 am	PTWN
14250C1	M	Dec. 6-27	7-8 pm	STREA
14250C3	W	Dec. 8-29	10-11 am	PTWN

Intermediate

Program #	Day	Date	Time	Location
14250A2	M	Sep. 13-Oct. 18	8-9 pm	STREA
14250B2	M	Oct. 25-Nov. 29	8-9 pm	STREA
14250C2	M	Dec. 6-27	8-9 pm	STREA

No class Nov. 26.
 Ages 14 & up
 R \$67/NR \$77
 R \$45/NR \$55
 Min. 4/Max. 15

**Resident Registration Begins
 Friday, Aug. 6, 6-8 p.m.
 Online & In-Person!**

Fitness Location Key

HOME Hometown Fitness * 16108 S. Rt. 59
 PTWN Plainfield Township * 22525 W. Lockport St.
 RECAD Rec./Admin. Center * 23729 W. Ottawa St.
 STREA Streams Rec. Center * 24319 Cedar Creek Ln.

Total Body Conditioning

Toning your body, challenging core and lower body muscles and targeting abdominal muscles will be your total body workout. This course will improve your posture and give you a more slender look while increasing strength, flexibility and balance using bands, balls, steps, weights and more. This class is for all fitness levels. Please carry your fitness shoes in and bring a water bottle. Instructor: Staci Krnac. KW

Program #	Day	Date	Time	Location
14204A1	M/W/Th	Aug. 30-Oct. 21	7:30-8:30 pm	RECAD
14204B1	M/W/Th	Oct. 25-Dec. 16	7:30-8:30 pm	RECAD

No class Sept. 6, Nov. 25.
 Ages 16 & up
 R \$75/NR \$112
 Min. 8/Max. 14

Overall Fitness

Increase cardio endurance, muscle strength and tone. With the use of weights, step, and fitness accessories with aerobic activity, this class is excellent for all fitness levels. Exercises are set to music for an enjoyable workout. Please carry fitness shoes in and bring a water bottle. Instructor: Staci Krnac. KW

Program #	Day	Date	Time	Location
14205A1	M/W/Th	Aug. 30-Oct. 21	6:30-7:30 pm	RECAD
14205B1	M/W/Th	Oct. 25-Dec. 16	6:30-7:30 pm	RECAD

No class Sept. 6, Nov. 25.
 Ages 16 & up
 R \$75/NR \$112
 Min. 8/Max. 14

Lunch Time Boot Camp

Challenge yourself with great aerobic training and boot camp drills. Blast your abs and boost the calorie burn while having fun cross training. You will increase your strength by alternating step aerobics, weight resistance, and low impact moves. Participants will learn the correct way to warm-up, stretch, and condition the major muscle groups. Additional equipment used will include the bosu ball, flex ball, and small weights. Instructor: Clete Richardson. KW

Program #	Day	Date	Time	Location
14206A1	M/W/F	Sep. 1-Oct. 22	12-1 pm	STREA
14206B1	M/W/F	Oct. 25-Dec. 17	12-1 pm	STREA

No class Sep. 6, Nov. 24.
 Ages 16 & up
 R \$75/NR \$112
 Min. 8/Max. 12

Fitness

Biggest Loser Personal Fitness

Ready to challenge yourself physically and reach those fitness goals you have been logging year after year? Join us for an 8-week program that will change you mentally and physically and help you realize your personal fitness goals. You will receive a total of 3 hours of 1-on-1 instruction, 6 team group exercise classes, weekly Q & A sessions, full access to Home Town Fitness club and kids room. Allow us to help you achieve physical fitness and gain a healthier perspective toward nutrition through customized fitness programming, nutritionist and trainer consults, an all-access pass to one of the newest clubs in Plainfield, and a program designed around you and your physical abilities! Participants will schedule appointments with training staff the first week of the program and the final week of the program for progress consultations. KW

Program #	Date	Location
14209A1	Oct. 1-Nov. 24	HOME

Ages 18 & up
R \$90/NR \$135
Min. 1/Max. 12

Nutrition Coach

Not dropping the pounds? We have the road map to success! Hire a nutrition coach for 4 weeks and see a healthy new you! Includes 1-hour initial assessment and game plan, three 30-minute sessions, BMR calculated, calculate your calories to loose weight, food journal, portion control, grocery shopping tour, nutrition tips, healthy recipes, do's and don'ts of eating out, eating right and not dieting, and nutrition assessment. All of this and more to achieve a healthy new you! Once enrolled in the program, a Hometown Fitness employee will contact you. Contracted service provided by Hometown Fitness. KW

Program #	Date	Location
14223A1	Sep. 7-30	HOME
14223B1	Oct. 4-30	HOME
14223C1	Nov. 1-30	HOME
14223D1	Dec. 1-29	HOME

Ages 18 & up
R \$119/NR \$178
Min. 1/Max. 10



Hometown Fitness

16108 Rt. 59, Plainfield, IL 60544
Monday – Friday 5 a.m. – 10 p.m.
Saturday & Sunday 7 a.m. – 5 p.m.
(815) 609-0212
www.myhometownfitness.com



Adrenaline!

Do not come to ADRENALINE! if you are faint of heart. Do not come to ADRENALINE! if you are not completely determined. ADRENALINE! is a class only for the elite in regards to motivation, dedication, and perseverance. If you are not afraid of a little pain, this class is for you. With a mixture of ply metrics, strength training, and isometrics, this class is for the physically and mentally resilient. Anyone that considers themselves to be already in shape, become elite with ADRENALINE! You will find yourself a new person from start to finish after each session. Reveal that beach-ready, ripped body you never knew you had! Test your strength, test your power, and get your ADRENALINE pumping! KW

Program #	Day	Date	Time	Location
14210A1	Tu/Th	Sep. 7-Oct. 28	5-6 pm	HOME
14210B1	Tu/Th	Nov. 2-Dec. 28	5-6 pm	HOME

No class Nov. 25.
Ages 18 & up
R \$119/NR \$178
Min. 5/Max. 15

Hometown Family Membership

Enroll your entire family into a state-of-the-art fitness center that is designed for people who are looking for a fun, affordable facility. We have the best upscale adult fitness club in the area with attentive and knowledgeable staff, and a large variety of the most current workout equipment that is clean and comfortable. Enjoy access 7 days a week for 4 weeks. Your family will also receive 1 free personal training session and nutrition assessment.

Program #	Date	Location
14211A1	Sep. 1-30	HOME
14211B1	Oct. 1-31	HOME
14211C1	Nov. 1-30	HOME
14211D1	Dec. 1-31	HOME

Ages 10 & up
R \$45/NR \$45
Min. 1/Max. 15

Free Fall Sunday Funday

The first Sunday of each month is FREE at Hometown Fitness! Take advantage of a state-of-the-art fitness center that is designed for people who are looking for a fun, affordable facility. We have the best upscale club in the area with attentive and knowledgeable staff, and a large variety of the most current workout equipment that is clean and comfortable. Call ahead to schedule a free nutrition and body scan analysis with a personal trainer. The first Sunday of each month is free September – December at Hometown Fitness.