

# Loyalist Fitness Schedule

July 1 - July 31



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Tone &amp; Sculpt</b> 9:00-9:45am Andrea	<b>Tone &amp; Sculpt</b> 9:00-9:45am Andrea	<b>Fitness Circuit</b> 9:00-9:45am Ron	<b>Tone &amp; Sculpt</b> 9:00-9:45am Ron	<b>Tone &amp; Sculpt</b> 9:00-9:45am Andrea		
<b>Strong Seniors</b> 10:00-10:45am Andrea	<b>Strong Seniors</b> 10:00-10:45am Andrea	<b>Zumba</b> 10:00-10:45am Kayse	<b>Strong Seniors</b> 10:00-10:45am Ron	<b>Strong Seniors</b> 10:00-10:45am Andrea	<b>Yoga</b> 10:00-10:45am Naseem	<b>Yoga</b> 10:00-10:45am Kayse
<b>Zumba</b> 11:00am-12:00pm Kayse	<b>Gentle Stretch</b> 11:00-11:45am Andrea		<b>Gentle Stretch</b> 11:00-11:45am Mike		<b>Class location:</b> Leisure & Activity Centre, 177 Upper Park Road, Amherstview unless otherwise noted.  Please ensure your email address is correct to keep up-to-date on schedule changes.  30-Day Membership available for only \$50.06  10-Pack Fitness Tickets are available for \$85.76.  <b>Outdoor Yoga</b> - July 29 <sup>th</sup> from 2:30-3:15pm at Finkle's Shore Gazebo  <b>24-hour cancellation notice required for refund or credit.</b>  Check us out on Facebook! <a href="https://facebook.com/ExploreLoyalist">facebook.com/ExploreLoyalist</a>	
		<b>Fitness Circuit</b> 5:30-6:15pm Jo-Anie				
<b>Zumba</b> 6:30pm-7:15pm Kayse	<b>RIP</b> 6:00-6:45pm Cassandra	<b>Yoga</b> 6:30-7:15pm Jo-Anie				
<b>Yoga</b> 7:30-8:15pm Kayse						

[WWW.LOYALIST.CA/RECREATION](http://WWW.LOYALIST.CA/RECREATION)

**Note: This schedule and listed instructors are subject to change.**

*Limited spots available. Please register online at [loyalisttownship.perfectmind.com](http://loyalisttownship.perfectmind.com) to reserve your spot.*

*Visit [loyalist.ca/fitness](http://loyalist.ca/fitness) or call 613-386-7351 ext. 300 for more information.*

# Fitness Class Descriptions

## Gentle Stretch

This class uses a chair for support in both standing and seated stretches. It is a great place to be if you are just starting back into fitness, looking to improve balance, wanting to increase mobility and flexibility, or if you just want to start the day off with a good old-fashioned stretch!

## Fitness Circuit

This circuit training class combines strength and cardio training for a full body workout using a variety of equipment. Work at your own pace or push yourself to a new level!

## RIP

Pumping music, sweat, and fun! Grab a body bar, a step and get ready for fitness fun. High reps and full body exercises will tone your body and leave you feeling great!

## Strong Seniors

You're only as strong as you feel! This program is designed for seniors of all abilities and fitness levels. Our instructor will focus on exercises appropriate for maintaining bone mass, improving muscular and joint strength, endurance, and will wrap up with full body stretches.

## Tone & Sculpt

What is the best way to tone your muscles? Cardio intervals and weight training! Our instructor uses a variety of equipment and exercises to challenge your entire body. Class wraps up with full body stretches.

## Yoga

Students will gain an understanding of postures, breath work and energy flow. Classes focus on moving safely between each position while improving your ability to flex, bend, balance and gain strength.

## Zumba

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.