Loyalist Fitness Schedule

April 1 - April 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tone & Sculpt 9:00-9:45am Andrea	**Tone & Sculpt** 9:00-9:45am Lynn	**Fitness Circuit** 9:00-9:45am Mike	**Tone & Sculpt** 9:00-9:45am Andrea	**Tone & Sculpt** 9:00-9:45am Lynn	**Core Fitness** 9:00-9:45am Kayse	
Strong Seniors 10:00-10:45am Andrea	**Strong Seniors** 10:00-10:45am Lynn	**Zumba** 10:00-10:45am Kayse	**Strong Seniors** 10:00-10:45am Andrea	**Strong Seniors** 10:00-10:45am Lynn	**Yoga** 10:00-10:45am Naseem	**Yoga & Mat Pilates** 10:00-10:45am Kayse
Zumba 11:00am-12:00pm Andrea	**Gentle Stretch** 11:00-11:45am Lynn		**Gentle Stretch** 11:00-11:45am Andrea			
Zumba 6:00pm-6:45pm Kayse	**Yoga** 6:00-6:45pm Kayse	**Fitness Circuit** 5:30-6:15pm Ron				
		Power Stretch 6:30-7:15pm Ron				

Class location: 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.

Check us out on Facebook! facebook.com/ExploreLoyalist

24-hour cancellation notice required for refund or credit.

No Classes April 3, April 5, & April 6

WWW.LOYALIST.CA/RECREATION

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

Limited spots available. Please register online at loyalisttownship.perfectmind.com to reserve your spot.

Visit loyalist.ca/fitness or call 613-386-7351 ext. 300 for more information.

Fitness Class Descriptions

Core Fitness

Your core is more than your abs, and our bodies rely on a strong core to protect our backs, hips and knees, as well giving us balance, dynamic mobility and power. This class will use progressive standing, sitting and mat exercises to engage our core muscles in a variety of movements that will help participants build a solid foundation for any kind of physical activity.

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!

Power Stretch

This class combines elements of yoga, Pilates, and traditional stretches for a full body release. We will use equipment like foam rollers and trigger point balls for an enhanced stretching experience.

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.

Yoga & Mat Pilates

Experience the perfect blend of yoga and mat Pilates in this full-body class designed to release tension, build core strength, and improve flexibility. Flow through mindful movements that enhance posture and leave you feeling balanced, energized, and restored

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.