

# Loyalist Holiday Fitness Schedule

Start your New Year right!  
30-Day Membership for only \$47.67

December 21 - December 31

Saturday December 21	Monday December 23	Friday December 27	Saturday December 28	Monday December 30
<b>Core Fitness</b> 9:00-9:45am Jordan	<b>Tone &amp; Sculpt</b> 9:00-9:45am Jordan	<b>Tone &amp; Sculpt</b> 9:00-9:45am Jordan	<b>Core Fitness</b> 9:30-10:15am Dave R	<b>Tone &amp; Sculpt</b> 9:00-9:45am Mike
<b>Yoga</b> 10:00-10:45am Kayse	<b>Strong Seniors</b> 10:00-10:45am Jordan	<b>Strong Seniors</b> 10:00-10:45am Jordan	<b>Flow Fusion</b> 10:30-11:15am Dave R	<b>Strong Seniors</b> 10:00-10:45am Mike
	<b>Zumba</b> 11:00-12:00pm Dave C	<b>Gentle Stretch</b> 11:00-11:45am Jordan		<b>Zumba</b> 11:00-12:00pm Dave C
	<b>Zumba</b> 6:30-7:15pm Kayse	<p><b>Note:</b> Leisure &amp; Activity Centre will be closed on December 24, 25, 26, 31 and January 1. January schedule will begin on January 2.</p> <p><b>Class location:</b> Leisure &amp; Activity Centre, 177 Upper Park Road, Amherstview unless otherwise noted.</p>	<p>Please ensure your email address is correct to keep up-to-date on schedule changes.</p> <p>10-Pack Fitness Tickets are available for \$81.68.</p> <p><b>24-hour cancellation notice required for refund or credit.</b></p>	<b>Zumba</b> 6:30-7:15pm Kayse
	<b>Yoga</b> 7:30-8:15pm Kayse			<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 [loyallisttownship.perfectmind.com](http://loyallisttownship.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

## 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!

## Flow Fusion

Flow is a full body, restorative fitness class that focuses on improving cardio using light rhythmic movements, increasing overall strength and mobility using a combination of body weight movements inspired by practices like Tai Chi, and offers a focus on improving balance and coordination.

## 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.