

Loyalist Fitness Schedule July 1 - July 31



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tone & Sculpt 9:00-9:45am Jennifer	Tone & Sculpt 9:00-9:45am Andrea	Fitness Circuit 9:00-9:45am Mike	Tone & Sculpt 9:00-9:45am Jennifer	Tone & Sculpt 9:00-9:45am Andrea		
Strong Seniors 10:00-10:45am Jennifer	Strong Seniors 10:00-10:45am Andrea	DanceFIT 10:00-10:45am Nadine	Strong Seniors 10:00-10:45am Jennifer	Strong Seniors 10:00-10:45am Andrea	Yoga 10:00-10:45am Naseem	Yoga 4 Every Body 10:00-10:45am Christine J
Zumba 11:00am-12:00pm Dave C	Gentle Stretch 11:00-11:45am Andrea		Gentle Stretch 11:00-11:45am Jennifer	Aging Backwards 11:00-11:45am Christine P	<p>Class location: Leisure & 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>30-Day Membership available for only \$47.67.</p> <p>10-Pack Fitness Tickets are available for \$81.68.</p> <p>24-hour cancellation notice required for refund or credit.</p> <p>FIT Tip of the Month: Stay hydrated! With the warm weather here, it is important to get enough water throughout the day. Lack of hydration can leave you feeling tired and will impact your body's recovery.</p> <p>Check us out on Facebook! facebook.com/Loyalist.Recreation</p>	
			Core Fitness 5:30-6:15pm Dave			
Zumba 6:30pm-7:15pm Kayse	RIP 6:00-6:45pm Cassandra	Fitness Circuit 6:30-7:15pm Jo-Anie				
		Yoga 7:30-8:15pm Jo-Anie				

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

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

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

Fitness Class Descriptions

Aging Backwards

This is a dynamic, flowing, stretching and strengthening program that draws on Tai Chi, ballet, and physiotherapy, geared to anyone who needs a gentler approach to exercise, including seniors. Participants will loosen tight muscles and stiff joints; increase flexibility, mobility, and strength; relieve pain; improve posture and balance; and have more energy. The class is done in bare or socked feet, standing on yoga mats for stability and using chairs, resistance bands, and yoga props for support.

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.

DanceFIT

DanceFIT is for "Every-BODY and All- Levels". This DanceFIT workout with Nadine is excellent for muscle toning without using weights. It's especially beneficial for firming and toning your legs, glutes, obliques, and let's not forget - stimulating your heart & mind! Inspired by the music that moves you!

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.

Yoga 4 every body

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.