

# Loyalist Fitness Schedule

September 1 -  
September 30

| Location: Rhythm Dance Centre |                                                 |                                               |                                                    |                                                 |                                                                                                                                               |                                           |
|-------------------------------|-------------------------------------------------|-----------------------------------------------|----------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| Monday                        | Tuesday                                         | Wednesday                                     | Thursday                                           | Friday                                          | Saturday                                                                                                                                      | Sunday                                    |
|                               | <b>Tone &amp; Sculpt</b><br>9:00-9:45am<br>Lynn | <b>Fitness Circuit</b><br>9:00-9:45am<br>Mike | <b>Tone &amp; Sculpt</b><br>9:00-9:45am<br>Melissa | <b>Tone &amp; Sculpt</b><br>9:00-9:45am<br>Lynn | <b>Core Fitness</b><br>9:00-9:45am<br>Tara                                                                                                    |                                           |
|                               | <b>Strong Seniors</b><br>10:00-10:45am<br>Lynn  |                                               | <b>Strong Seniors</b><br>10:00-10:45am<br>Melissa  | <b>Strong Seniors</b><br>10:00-10:45am<br>Lynn  | <b>Yoga</b><br>10:00-10:45am<br>Naseem                                                                                                        | <b>Yoga</b><br>10:00-10:45am<br>Christine |
|                               | <b>Gentle Stretch</b><br>11:00-11:45am<br>Lynn  |                                               | <b>Gentle Stretch</b><br>11:00-11:45am<br>Melissa  | <b>Zumba</b><br>11:00-11:45am<br>Kayse          | <b>Class location:</b> 107 William Henderson Dr.,<br>Bath, ON<br>Located to the north of the roundabout at<br>Cty Rd. 6 and Taylor Kidd Blvd. |                                           |

| Location: Amherstview Community Hall              |         |                                                       |                                               |        |                                                                                                                         |        |
|---------------------------------------------------|---------|-------------------------------------------------------|-----------------------------------------------|--------|-------------------------------------------------------------------------------------------------------------------------|--------|
| Monday                                            | Tuesday | Wednesday                                             | Thursday                                      | Friday | Saturday                                                                                                                | Sunday |
| <b>Tone &amp; Sculpt</b><br>9:00-9:45am<br>Andrea |         |                                                       |                                               |        |                                                                                                                         |        |
| <b>Strong Seniors</b><br>10:00-10:45am<br>Andrea  |         |                                                       |                                               |        |                                                                                                                         |        |
|                                                   |         | <b>Yoga &amp; Mat Pilates</b><br>6:30-7:15pm<br>Kayse | <b>Fitness Circuit</b><br>6:30-7:15pm<br>Tara |        | <b>Class location:</b> 177 Upper Park Rd.,<br>Amherstview, ON. Entrance is located on the<br>west side of the building. |        |

| Location: Community Room, WJ Henderson Community Centre |                                     |           |          |        |                                                                                                                        |        |
|---------------------------------------------------------|-------------------------------------|-----------|----------|--------|------------------------------------------------------------------------------------------------------------------------|--------|
| Monday                                                  | Tuesday                             | Wednesday | Thursday | Friday | Saturday                                                                                                               | Sunday |
| <b>Zumba</b><br>6:30-7:15pm<br>Kayse                    | <b>Yoga</b><br>6:30-7:15pm<br>Kayse |           |          |        | <b>Class location:</b> 322 Amherst Dr.,<br>Amherstview, ON<br>Community Room is located on upper level<br>of facility. |        |

[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. 215 for more information.*