Loyalist Fitness Schedule

November 1 - November 30

Location: Rhythm Dance Centre

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

Location: Amherstview Community Hall

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

Location: Community Room, WJ Henderson Community Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba 6:30-7:15pm Kayse	**Yoga** 6:30-7:15pm Kayse				**Class location:** 322 Amherst Dr., Amherstview, ON Community Room is located on upper level of facility.	

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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. 215 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!

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.

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!

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.