

Loyalist Fitness Schedule

July 27 - August 31

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

Location: Community Room, WJ Henderson Community Centre						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tone & Sculpt 9:00-9:45am Andrea						
Strong Seniors 10:00-10:45am Andrea						
Gentle Stretch 11:00-11:45am Andrea		Fitness Circuit 5:30-6:15pm Kayse			Class location: 322 Amherst Dr., Amherstview, ON Community Room is located on upper level of facility.	
Zumba 6:00-6:45pm Kayse	Yoga 6:30-7:15pm Kayse	Yoga & Mat Pilates 6:30-7:15pm Kayse				

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. 215 for more information.*