

FITNESS CLASSES

AUGUST 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	10 am All Levels Circuit		10 am Spin Your Body		9 am Rev & Flow
EVENING	5:30 pm Spin		5 pm Spin		
	6 pm Sport	6 pm RIP	6 pm Sport	6 pm RIP	
	7:35 pm Zumba	7:35 pm Zumba		7:35 pm Zumba	

Fitness classes resume August 4

Class sizes are limited, and pre-registration is required.

Use the *Schedulicity* app, or call 780-875-4529 to book your class.

Please note:

- Class times have changed to allow for proper disinfection between classes.
- Participant locations are marked on the studio floor to follow physical distancing guidelines.
- Arrive no more than 10 minutes early and wait for class to begin on your chosen marker.
- Change rooms are available, although we recommend arriving class-ready.
- Bring a water bottle, as water fountains are not available.

Our instructors are excited to see you. Please respect their space so they can stay healthy and continue to teach.

DID YOU KNOW?

SERVUS SPORTS CENTRE MEMBERS RECEIVE 10% OFF FITNESS CLASSES

No classes on Monday, August 3, 2020

PRICES

DROP IN	\$8.25
10x PASS	\$74.25
UNLIMITED CLASS PASS	\$72.25/month

REVIEW THE SCHEDULE ONLINE AT lloydminster.ca/fitness

DESCRIPTIONS

All Levels Circuit

Who doesn't love a good circuit!?! In this class, we use a variety of equipment and body weight movements to focus on strength, cardio and core training. We will change it up with some higher and lower intensity intervals to give your heart the best fitness benefits!

Rev & Flow

REV + FLOW by REFIT is a dynamic workout that's easy on the joints without compromising the intensity of the workout. REV + FLOW strengthens bodies and sculpts muscles through targeted, music-based movements and resistance training.

RIP

Rip by Group Rx is a barbell workout that incorporates functional orthopedic strength training. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere!

Spin

A high intensity workout for any fitness level using a stationary bike building strength and endurance by using various resistance levels and speeds. The motivating music will power you through those intervals and hill climbing

Spin Your Body

A workout with 25 minutes high intense cycling and a 25 minutes strength portion off the bikes. Perfect combo class for any fitness level.

Sport

Sport by Group Rx is designed to push training edge, fine tuning the body with an emphasis on cardio, strength, and core training in an inspiring group environment!

Zumba

Features exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and energy levels are soaring! There's no other fitness like a Zumba Fitness-Party!

Email us at: fitness@lloydminster.ca

RECOMMENDED AGE REQUIREMENTS FOR GROUP FITNESS CLASSES:

12 and older for any classes with no weighted equipment
16 and older for any classes with weighted equipment

lloydminster.ca/fitness