

# FITNESS CLASSES

## September 2025

|         | MONDAY                         | TUESDAY                               | WEDNESDAY                      | THURSDAY                              | FRIDAY  | SATURDAY                          | NOTES  |                    |
|---------|--------------------------------|---------------------------------------|--------------------------------|---------------------------------------|---|-----------------------------------|--|--------------------|
| MORNING | 6:00 am<br>RIP                 | 7:00 am<br>Good Morning Yoga          | 6:00 am<br>RIP                 | 7:00 am<br>Good Morning Yoga          | 6:00 am<br>Spin 45  |                                   | Classes marked with an * are accessible via Zoom!<br><br>Contact snustad @lloydminster.ca to register.<br><br>We will do our best to accommodate all requests, however we can only guarantee response if request is sent 24 hours before class starts. |                    |
|         |                                | 9:00 am<br>Zumba*                     |                                | 9:00 am<br>Zumba*                     | 7:00 am<br>Good Morning Yoga  |                                   |  |                    |
|         | 9:30 am<br>All Levels Circuit* | 9:30 am<br>Heart & Hustle             | 9:30 am<br>All Levels Circuit* | 9:30 am<br>Heart & Hustle             | 9:00 am<br>REV+FLOW*  |                                   |  | 9:30 am<br>Spin 45 |
|         |                                |                                       |                                | 10:45 am<br>Pre & Postnatal Fitness   | 10:15 am<br>Restorative Yoga  |                                   |  | 10:30 am<br>RIP    |
|         | 10:45 am<br>Restorative Yoga   | 10:45 am<br>Chair Yoga                | 10:45am<br>Restorative Yoga    | 10:45am<br>Chair Yoga                 |   |                                   |  |                    |
|         |                                | 12:15pm<br>Spin & Strength Noon Combo |                                | 12:15pm<br>Spin & Strength Noon Combo |   |                                   |  |                    |
| EVENING |                                | 5:30 pm<br>Spin 30                    |                                | 5:30 pm<br>Spin 30                    |   | SUNDAY                            |  |                    |
|         |                                |                                       |                                |                                       |   | 9:30 am<br>Yoga Stretch & Recover |  |                    |
|         | 6:00 pm<br>Circuit Breaker     | 6:00 pm<br>RIP                        | 6:00 pm<br>Circuit Breaker     | 6:00 pm<br>RIP                        | Sept 1 - Only Restorative Yoga today<br>Sept 2 - No Zumba(9:00am), Spin & Strength Noon Combo or Spin 30<br>Sept 3 - No RIP or All Levels Circuit<br>Sept 4 - No Zumba(9:00am), Pre & Postnatal Fitness, Spin, Strength Noon Combo or Spin 30<br>Sept 5 - No Spin 45 or REV+FLOW<br>Sept 18 - No Spin 30<br>Sept 22 - No RIP<br>Sept 23 & 25 - No Spin & Strength Noon Combo or Spin 30<br>Sept 26 - No Spin 45 |                                   | SERVUS SPORTS CENTRE MEMBERS RECEIVE   |                    |
|         | 7:00 pm<br>REFIT*              | 7:30 pm<br>Zumba                      | 7:00 pm<br>Zumba*              | 7:30 pm<br>Zumba                      |   |                                   |  |                    |
|         | 8:15pm<br>Power Yoga*          |                                       |                                |                                       |   |                                   |  |                    |

MULTI-FACILITY MEMBERSHIP

1 MONTH 4 MONTH 1 YEAR

Adult (18+) \$83.50 \$292.25 \$709.75

Senior (60+) \$56.25 \$197.00 \$478.00

Student (13-17) \$68.50 \$239.75 \$582.25

Youth (7-12) \$51.50 \$180.25 \$437.75

DROP IN \$9.50

10xPASS \$85.50

REVIEW THE SCHEDULE ONLINE AT

[lloydminster.ca/fitness](https://lloydminster.ca/fitness)

\*Times and classes are subject to change\*

# FITNESS CLASSES

## 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!

**Chair Yoga** - In this 60 - minute class, yoga focused poses are adapted and modified, so you can participate seated in a chair. Chair yoga can be practiced by anyone who wants to enjoy the benefits of yoga and may (or may not ) have mobility limitations or for those that prefer not to stand.

**Circuit Breaker** - Get ready to shock your body with a fusion of strength & cardio exercises, targeting all major muscle groups. Varied degrees of intensity make this circuit training class great for all fitness levels. Reboot your body with Circuit Breaker!

**Good Morning Yoga** - Greet your day with a refreshing 45 - minute yoga flow designed to enhance flexibility, improve strength, and boost energy. Created with the beginner in mind, this class may include modified sun salutations, standing postures, twists, core work, back bends and hip openers.

**Heart & Hustle** - This is an all-levels class that will make you sweat. This class integrates cardio elements with full body strength training for a well-rounded workout. We will provide modifications tailored to each fitness level, including postnatal ensuring everyone achieves a fulfilling and challenging class. Strollers welcome.

**Pre & Postnatal Fitness** - This class is designed for moms from pregnancy to 1 year postnatal. Pre & Postnatal Fitness is aimed at maintaining and regaining your pelvic floor strength and improving your fitness. This is a strength training class with cardio integrated as desired. It is a great way to meet other expectant or postpartum parents, and safely regain your confidence to exercise. Please have your health care provider's permission before starting. Indoor shoes are required. Strollers are recommended for postnatal parents who are bringing their baby.

**Power Yoga** - Carve out an hour just for you! It is for EVERYBODY and EVERY BODY, designed to enhance health , performance, and mental clarity by uniting mind and body. This energizing class blends Vinyasa flow with the strength and stability of Hatha and Iyengar yoga, improving strength, balance, flexibility and over all well being. Each session ends with a soothing savasana and mindfulness meditation, leaving you feeling lighter, stress-free, and rejuvenated.

**REFIT** - Powerful movements combined with positive music for a cardio based workout that is challenging, effective and fun for everybody!

**Restorative Yoga** - A class perfect for people who want to try yoga for the first time or for those who are looking for a softer approach to their practice. In this class we will combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body, reduce stress and calm the mind.

**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 & Strength Noon Combo** - Short on time? This 30 min class (12:15 - 12:45) is the perfect way to squeeze your workout into a busy day. Expect intervals, climbs, and sprints on the bike followed by strength work using weights, resistance bands, and more. Get it done. Get out.

**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.

**Yoga Stretch & Recover** - This is your go-to yoga session for recovery. This 60 - minute class includes a combination of stretches, mobility exercises and myofascial release techniques to enhance range of motion, and ease tension from head to toe.

**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!

### 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](https://lloydminster.ca/fitness)