

FITNESS CLASSES

MAY 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING & AFTERNOON		9:00 am Zumba* w/ Lisa		9:00 am Zumba* w/ Lisa	9:00 am REV+FLOW* w/ Lorelie	9:00 am Spin 45 w/ Nicole	9:30 am Restorative Yoga w/ Carol
	9:30 am All Levels Circuit* w/ Lorelie	9:30 am Heart & Hustle w/ Jaylene	9:30 am All Levels Circuit* w/ Lorelie	9:30 am Heart & Hustle w/ Jaylene		10:00 am RIP w/ Nicole	10:45 am All Seated Chair Yoga w/ Carol
	10:45 am Sit & Stand Chair Yoga w/ Carol	10:45 am All Seated Chair Yoga w/ Carol	10:45 am Qiqong w/ Iryna	10:45 am All Seated Chair Yoga w/ Carol	10:15 am Restorative Yoga w/ Carol	11:15 am Yin Yoga w/ Carol	
					11:30 am Sit & Stand Chair Yoga w/ Carol		
	12:15 pm Spin&Strength 30 w/ Nicole	12:15 pm RIP 30 w/ Nicole	12:15 pm Spin&Strength 30 w/ Nicole	12:15 pm RIP 30 w/ Nicole			7:00 pm Qiqong w/ Iryna
EVENING		5:30 pm Spin 30/45 w/ Nicole		5:30 pm Spin 30/45 w/ Nicole	Class Notes May 7 - No Spin 30/45 May 14 - No 9:00am Zumba May 18 - No Classes May 19 - No Heart & Hustle		
	6:00 pm Circuit Breaker w/ Kim	6:00 pm RIP w/ Kim	6:00 pm Circuit Breaker w/ Kim	6:00 pm RIP w/ Kim			
	7:00 pm REFIT* w/ Lorelie	7:15 pm Zumba w/ Kim	7:00 pm Zumba* w/ Lisa	7:15 pm Zumba w/ Kim			
	8:15 pm Power Yoga* w/ Lisa						

Multi-Facility Membership

	1 MONTH	4 MONTH	1 YEAR	DROP IN	\$9.52
Adult (18+)	\$79.76	\$279.29	\$678.10	10x PASS	\$85.68
Senior (60+)	\$54.05	\$189.29	\$459.52	All pricing before taxes (GST)	
Student (13-17)	\$67.62	\$236.67	\$574.76		
Youth (7-12)	\$51.43	\$180.00	\$437.14		

Servus Sports Centre members receive 10% off fitness classes

*Classes marked with an asterisk are accessible via Zoom!
Contact snustad@lloydminster.ca to register

REVIEW THE SCHEDULE ONLINE AT:
lloydminster.ca/fitness

Times and classes are subject to change

5202 12 Street, Lloydminster, AB

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