

# LCF Annual Toy Drive

## Class Demo Day

**Saturday, December 2nd**

Bring an unwrapped toy to benefit the Ronald McDonald House near Loyola as well as the Loyola Children's Hospital and enjoy any or all of the class demos in the Group Ex Studio!



### Class Schedule

**7:30am: Cardio Blast**

*with Carol*

**8:00am: Group Active**

**Cardio** *with Sandy*

**8:30am: Taste of  
Group Power**

*with Morgan & Charmaine*

**9:00am: INSANITY**

*with Morgan*

**9:30am: Zumba**

*with Cecilia*

**10:00am: Tabata**

*with Loni & Cecilia*

**10:45am: Pilates Mat**

*with Delia*

*Classes held in the Pool, Spin Studio, &  
Wellness Room will still take place.*

**All members that bring a toy to class will receive a BONUS raffle ticket for the "Cheers to 20 Years Anniversary Party" 20 minute raffles being held between 11am-1pm on this same day, December 2nd!**



**CENTER  
FOR FITNESS**