LOYOLA UNIVERSITY CHICAGO | CENTER FOR FITNESS

December 2019 Special Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **CYBER MONDAY SALE at LCF!** Save **5%** on all **Massage, Personal Training, Nutrition & Wellness Coaching & Reiki** purchases. More info on second page.	2 SALE! **GlideFit** 1pm **Meet at the Barre** 6pm **Tread & Shed** 6:15pm	3 **Ballet Basics** 12pm ***Tread & Shed*** *4:45pm* **TRX Bootcamp One Day Class** 6-6:45pm ***GlideFit One Day Class*** *6-6:45pm*	4 **Meet at the Barre** 6am **Tread & Shed** 6:15pm	5 **GlideFit** 7am **Ballet Basics** 8am 	6 **Meet at the Barre** 6pm **Tread & Shed One Day Class** 12-12:45pm	7 **LCF Annual Toy Drive Demo Day!!** 7:30am—10:45am **Card Making Workshop** 9-11:30am **GlideFit ONE DAY** **11:30am-12:15pm**
LCF Annual Toy Drive Demo Day ***Saturday, Dec. 7th*** ***7:30-10:45am*** Members & guests that bring a new, unwrapped toy to class will receive an entry to win a 1 month or 2 month membership! Bring a guest to group ex for free on 12/7. *Guest Policy applies*	9 MYZONE BINGO CHALLENGE ends. Winners announced soon!	10 Men's & Women's Steam Rooms Closed for repairs & maintenance December 12th-23rd.	11	12	13 **Tread & Shed One Day Class** 12-12:45pm	14 Stay Fit through the holidays with special programs and classes at LCF!
15 16 Extreme Bootcamp FREE DEMO CLASS 5:15am **Free Swim Stroke Clinic 5:30-7pm**	17 **There will be a special group fitness schedule posted for December 24, 26, & 31 & January 1.**	18 Extreme Bootcamp FREE DEMO CLASS 5:15am	19	20 Extreme Bootcamp FREE DEMO CLASS 5:15am Senior Social 11am	**Please support our Toy Drive to benefit the Ronald Mc Donald House near Loyola AND Loyola Children's Hospital!** Bring a new, unwrapped toy to place under the LCF Christmas Tree! (before 12/18)	
22 **Holiday Gifts from LCF!** **LCF Gift Cards, Fit Stop Items & Myzones, make great gifts!**	23 **Pro Shop Sale 50% OFF Friday, November 29th thru Monday, December 2nd!**	24 **Christmas Eve** Center Hours 7am-1pm	25 **Christmas Day** Center Closed	26 **Day after Christmas** Center Hours 7am-8pm	27 *Bring a toy to the Toy Drive Demo Day on 12/7 & receive an entry to win a 1 month or 2 month membership!*	
29 30 Get In, Get Out FREE DEMO CLASSES 6:30am,12:30pm, 5:30pm	31 **New Year's Eve** Center Hours 7am-1pm	January 1st **New Year's Day** Center Hours 7am-1pm				

Give the Gift of Fitness for FREE!
Give a **Holiday Gift To Give Certificate** to your favorite nonmember.
If that nonmember joins you get 2 FREE months of membership dues.
Some restrictions apply-see back page or the front desk for details.

Special Program Class Descriptions

Our budget friendly, special programs are group classes that provide individualized attention from our certified & degreed trainers. Your trainers, along with your classmates, will motivate and inspire you to reach your fitness goals.

These classes require a fee. Class size is limited, so register early. For more details, visit the front desk.

Ballet Basics: A beginner class to learn the fundamental positions, steps, and posture alignments that will help to develop your inner ballerina. All levels welcome. 3 week sessions M$30 NM$45

Card Making Workshop: Hands on crafts decrease stress as well as improve self-esteem, mood, and mindfulness. Socialize with others wile exploring your creativity and making beautiful cards for your loved ones. Class led by our Wellness Coach, Anna. M$45, NM$55

GlideFit: Balance on a floating fitness mat for core, cardio, strength & yoga movements. Improve balance, coordination, strengthen muscles, become more flexible & burn calories. This Aquatic Based Stability Training (ABST) class is for all levels. Class uses the 2 middle lap pool lanes. 3-week sessions for December M$45, NM$57,

GlideFit ONE DAY CLASS: This class meets one time for 45 minutes. Want to try GlideFit but can't make the session times or commit to a full session? Then a one day class is for you! Grab a friend and give it a try. M$20, NM$30

Meet at the Barre: This class will teach you to strengthen, lengthen, and stabilize through a variety of exercises that target the core and spinal alignment. M$48, NM$63 (all sessions are 3-weeks)

Senior Social: Free for Members. Sign up at the Member Service Desk and bring a dish to share for the pot luck luncheon. Free for members, but please bring a dish to share.

Tread and Shed: These 45-minute innovative cardio interval classes include work on the treadmill. M$40, NM$55, 3-week sessions M$30, NM$45,

Tread and Shed ONE DAY CLASS: Same format as a full session, but for one day only. A great option if you can't commit to a full session, or just want to try the class out. M$12, NM$17

TRX Bootcamp: Join Lindsay for full body resistance training using the TRX straps and a variety of other equipment. One Day Only Class M$10, NM$15

Cyber Monday Sale: Save 5% on all Massage, Personal Training, Nutrition, Wellness Coaching, and Reiki. Massage and Personal Training VIP's get 10% off. Sale is for 12/2/19 only.

Annual Toy Drive: Please support our Toy Drive to benefit the Ronald Mc Donald House near Loyola AND Loyola Children's Hospital! Bring a new, unwrapped toy to place under the LCF Christmas Tree! (before 12/18)

***Annual Toy Drive CLASS DEMO DAY**: Members & guests that bring a new, unwrapped toy to demo day classes will receive an entry to win a 1-month or 2-month membership! It's also a FREE GUEST TO GROUP EX Day. Guest Policy still applies. If your guest brings a toy, they too can enter the raffle to win a 1-month or 2-moth membership.*

Holiday Gift to Give: Pick up a Gift to Give certificate to give to you favorite nonmember local area resident between December 2nd-13th. There will be a Gift to Give table out in the Member Plaza. Your nonmember local area resident will receive 12 consecutive days of membership and a fee equipment orientation. They must redeem the Gift to Give by 12/31/19. Some restriction apply. See certificate for more details.