

Check out the other side for a description of all our Special Programs starting in Jan. 2020!

Loyola Center for Fitness ~ January 2020

Special Programs Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		December 31st New Year's Eve Center Hours 7am-1pm Special Group Ex Schedule	1 New Year's Day Center Hours 7am-1pm Special Group Ex Schedule	2 Register in advance for the special program classes.	3	4 GlideFit 10:15-10:45am
5 Arthritis Aqua starts Jan. 6th M/W 10:30am Adult Advanced Swim Lessons starts Jan. 6th 6:15pm	6 Extreme Bootcamp 5:15am M/W or M/W/F Get In, Get Out 3 sessions M/W/F: 6:30am, 12:30pm, 5:30pm GlideFit 1pm Meet at the Barre 6pm	7 GlideFit 1pm Tread & Shed 4:45pm Run Club 6:30pm	8 Meet at the Barre 6am GlideFit ONE DAY 12:15-1pm Tread & Shed 6:15pm Total Body Conditioning 6:30pm Adult Swim Intermediate 6pm Beginner 6:45pm	9 GlideFit 7am Change Your Weigh Begins! 6pm	10 Tread & Shed 12pm New Choreography Launch ~ New Year New You Themed! 4:30pm Group Core 5:00pm Group Power Meet at the Barre 6pm	11 Adult Swim Beginner 10-10:45am
12 New Choreography Launch ~ New Year New You Themed! Group Active 9:05am 	13 	14 GlideFit ONE DAY 6-6:45pm	15 	16	17 Senior Social 11am	18 GlideFit ONE DAY CLASS 11-11:45am
19 Join us for one or all of the new Group Fitness Choreography Launches! The theme is "New Year, New You!" Come accessorized for the NEW YEAR and earn extra chances to WIN prizes! 12/10 & 12/12.		21 GlideFit ONE DAY CLASS 6-6:45pm	22 	PILATES REFORMER Classes Basic: Wednesdays 6:30pm, starts Jan. 8th Saturdays 12pm, starts Jan. 11th Intermediate: Thursdays 10am, starts Jan. 9th Advanced: Mondays 6:30pm, starts Jan. 6th Wednesdays 9:15am, starts Jan. 8th Thursdays 11am, starts Jan. 9th Saturdays 9:30am, starts Jan. 11th		Check out the <i>IMPACT!</i> Calendar featuring all of our demo classes, free lectures, classes & more to make the most of your membership!
26 Cooking Skills "Healthy Snacks" 3-4:30pm	27 	28 Buy a Myzone! It will help keep you on track with your fitness goals!! 	29 	30 Roll & Activate One Day Session 7:15-9:15pm	31 	Start the New Year off right! Purchase a Personal Training Package & start working with one of our degreed and nationally certified Personal Trainers!

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.

Adult Swim for Beginners, Intermediate, or Advanced: Learn to swim or build on your swimming skills. M\$35, M\$51

Arthritis Aqua: Gentle movements in the water to help build strength and flexibility without putting excess strain on your joints and muscles. M\$90, NM\$115

Change Your Weigh: This is your solution to weight loss and weight maintenance. Our degreed and certified staff will guide you through nutrition education, behavior modifications, and exercise techniques. Detailed information sheet available at the front desk. Pre-assessments required before start date. M\$139, NM\$169

Cooking Skills “Healthy Snacks”: Join Chef John and Dietitian Molly this month to learn how to make quick, healthy, and delicious snacks! M\$55, NM\$65

Extreme Bootcamp: Full body strength training, cardio and core with Mikel M\$73, NM\$96 – MW/F M\$107, NM\$129

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. 4-week sessions M\$60, NM\$75

GlideFit One Day Classes: These classes are for one day only. Great if you can’t commit to an entire session or just want to see what GlideFit is all about! M\$20, NM\$30

Get in Get Out: This class combines both cardio intervals and strength training exercises to give you an intense workout in only 30 minutes. You will keep coming back for more! M \$52, NM \$62

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\$64 NM\$83. Enroll in both classes receive 20% discount

New Choreography Launch GROUP CORE™ “NEW YEAR NEW YOU” THEMED! Join our MOSSA certified instructors for a 30-minute athletic and functional core strength. Be one of the first to learn the new choreography. All levels welcome. If you’ve been wanting to try Group Core—now is the time to give it a try! Come with your NY accessories for an extra chance to win some prizes.

New Choreography Launch GROUP POWER™ “NEW YEAR NEW YOU” THEMED! Join our MOSSA certified Instructors for an hour of Power and fun! Be one of the first to learn the new choreography. All levels welcome. If you’ve been wanting to try Group Power—now is the time to give it a try! Come with your NY accessories for an extra chance to win some prizes.

New Choreography Launch GROUP ACTIVE™ “NEW YEAR NEW YOU” THEMED! Join our MOSSA certified Instructors for a complete workout including cardio on and off of the Step, strength, balance, core and flexibility. This is a great time to give Group Active a try! All levels welcome! Let’s get Active! Come with your NY accessories for an extra chance to win prizes!

Pilates Reformer: A more detailed information sheet is at the front desk.

Roll & Activate: Working with foam rollers and stretch straps, improve the range of motion in your joints and lengthen tight muscles. Dress in comfortable clothes. M\$30, NM\$40

Run Club: Combine long and short runs, speed drills, strength training and core work in this training program for any level. Every class is a different workout to help you achieve new goals with you running. \$68, NM\$84

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.

Total Body Conditioning: An intermediate to advanced class that combines a dynamic warmup followed by a circuit that will consist of body weight exercises, agility, power, and continuous movement. M\$35, NM\$51

Tread and Shed: These 45-minute innovative cardio interval classes include work on the treadmill. Session price M\$40, NM\$55

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