
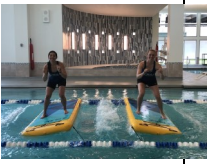
















February 2020 Special Programs Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>So many great programs starting in February—be sure to check them all out!</p>	<p>LCF Trainer of the Month is ~ David Zatloka ~ Purchase Personal Training with David this month and save 5%. VIP's save 10%.</p>		<p>Shop at LCF's New FitShop Coming soon! Your one-stop shop for the fitness essentials you need. Performance Gear, Small Fitness Equipment, Supplements and more!</p>			1
2	3	4	5	6	7	8
	<p>Extreme F.I.T.T. 7:30-8pm</p> <p>GlideFit 1pm</p> <p>Meet at the Barre 6pm</p>	<p>1/2 Court closed for the Blood Drive. Donate today.</p> <p>Tread & Shed 4:45pm</p> <p>Continue to Change Your Weigh 7:15pm</p>	<p>Meet at the Barre 6am</p> <p>Battleropes Bootcamp 6:30-7:15am</p> <p>GlideFit ONE DAY 12:15-1pm</p> <p>Tread & Shed 6:15pm</p> <p>Total Body Conditioning 6:30pm</p>	<p>GlideFit 7am</p> <p>Tread & Shed 12pm</p> 	<p>Meet at the Barre 6pm</p> 	<p>Friends and Family CPR class 11:30am-1:30pm</p> 
9	10	11	12	13	14	15
<p>February 4th half the bball court is closed for the ARC blood drive, 9am-4pm. Donate today, in honor of heart month. Make a difference.</p> 	<p>Get In, Get Out 3 sessions M/W/F: 6:30am, 12:30pm, 5:30pm</p> 	<p>GlideFit ONE DAY CLASS 6-6:45pm</p> <p><i>All levels! Regular workout clothes are acceptable. Great time to try something new!!!</i></p>	<p>Vision Board Workshop 5:30-7:30pm</p> 		<p>Happy Valentine's Day New class on Group Fitness Schedule 6:20am Group Core</p>	<p><i>Be sure to check out our Monthly Newsletter . You can find it at the Front Desk in the desktop handout display.</i></p>
16	17	18	19	20	21	22
	<p>The installation of the New Cardio Equipment is Complete! We hope you are enjoying the NEW treadmills, Water Rowers, ellipticals, Keiser bikes, AMT Cross Trainers, Steppers, Bikes, and NuSteps. If you have any questions please see a Fitness Specialist.</p>				<p>Senior Social 11am</p>  	
23	24	25	26	27	28	29
<p>Cooking Skills "Meatless Dishes" 3-4:30pm</p> 	<p>Adult Swim Beginner Swim II 6:15pm</p>	<p>MYZONE Belts are for sale in the FitShop. Complete a Fitness Assessment, get a discount on your Myzone belt. Purchase it for \$64.50+tax</p>	<p>Adult Swim Intermediate 6pm Beginner 6:45pm</p> 	<p>Tri Swim 6:30pm</p>	<p>What's Your Why? 9-11am</p> 	<p>Adult Swim Intermediate 9-9:45am Beginner 10-10:45am</p>

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 or Intermediate Levels: Learn to swim or build on your swimming skills. M\$35, NM\$51

Battleropes Bootcamp: Get ready to battle with this high intensity, hard core class with Morgan. Combines strength training, plyometrics, and core exercises to give you a total body workout that will push you to your limits and leave you feel challenged, accomplished and strong. One day class. M\$10, NM\$15

Continue to Change Your Weigh: Support and exercise group for past participants of Change Your Weigh. The focus of this program is to provide support allowing participants to become more independent with regard to their changing lifestyle. M\$120, NM\$135

Cooking Skills Class “Meatless Dishes”: Join Chef John Lane and our Dietitian Molly Downey this month to learn how to create some vegetarian healthy options with a fun, culinary flare! M\$55, NM\$65

Extreme F.I.T.: This class covers the basics of strength training, circuit training and high intensity interval training while working with different equipment. This is a total body workout in just 30 minutes. M\$30, NM\$40

Friends and Family CPR class: Join us for this family friendly orientation to CPR. This is NOT a certifying or credentialing course. Taught by an AHA instructor, you will learn and practice hands on training of Adult, Child and Infant CPR and AED, Choking in Adults, Children and Infants. M\$30, NM\$40

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\$48 NM\$63. Enroll in both classes receive 20% discount

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 and off the treadmill. Session price M\$40, NM\$55

Tri Swim: Get ready for your next Triathlon. Improve your swim technique, build your endurance, increase speed and distance. Participation in a triathlon not required. All swim levels welcome. M\$41, NM\$57

Vision Board Workshop: Gain a better sense of clarity around your goals and aspirations by creating a vision board, a powerful tool for increasing motivation. Join Wellness Coach Anna for this hands on workshop. Supplies are provided. M\$30, NM\$40

What's Your Why? Workshop : What's the secret to making long lasting habit and lifestyle change? Motivation comes from having a clear sense of purpose driven by a deep awareness of what is most important to you. Join Wellness Coach Anna in this workshop where you will explore your dreams, goals, and practical realities in order to identify your “Why”. M\$30, NM\$40

Loyola Center for Fitness ~ 2160 S. First Ave., Maywood, IL 60153 ~ 708-327-2348 ~ www.loyolafitness.org