

Loyola Center for Fitness

April IMPACT! Calendar

**Making a difference with complimentary classes & education
for a stronger, healthier, better YOU!**

April 24-30th is Medical Fitness Week

Enroll for FREE in the MOVE150 Challenge and earn the chance to win a Polar M200 fitness watch and activity tracker! See the front desk the week of 4/17 to sign up!

Day	Date	Time	Clinic	Location
Monday	4/3	6:30-7:30am	LCF Swim Club Demo	Pool
Tuesday	4/4	8:00-4:30 pm	Blood Drive	B-Ball Court
Wednesday	4/5	6:30-7:30am	LCF Swim Club Demo	Pool
Wednesday	4/5	12:00-1:00pm	Boxing Blast Demo	PT Studio
Monday	4/10	4:00-5:00 pm	Pickleball Demo	B-Ball Court
Thursday	4/13	11:00-11:25am	Intro to Group Active	Group Ex Studio
Friday	4/14	5:00-6:00pm	Group Power New Choreography Launch	Group Ex Studio
Friday	4/14	9:00-10:00 am	Pickleball Demo	B-Ball Court
Saturday	4/15	7:30-8:15am	Battle Ropes Bootcamp Demo	Gym Floor
Tuesday	4/18	7:00-8:00am	Swim & Sculpt Demo	Pool
Thursday	4/20	5:00-6:00pm	Periodization Lecture	Wellness Room
Friday	4/21	11 am-noon	Senior Social	Wellness Room
Sunday	4/23	9:05-10:05am	Group Active New Choreography Launch	Group Ex Studio
Monday	4/24	ALL WEEK!	Medical Fitness Week– MOVE150 program	Center
Monday	4/24	10:00-11:00 am	Blood Pressure Booth	Member Plaza
Tuesday	4/25	8:00-9:00 am	Heart Rate Zones Booth	Member Plaza
Wednesday	4/26	10-10:30 am	Forever Young Group WALK warm up!	Track
Thursday	4/27	6:00-7:00 am	Update your Health History booth	Member Plaza
Friday	4/28	4:30-5:30 pm	Ask Trainer Booth	Member Plaza
Friday	4/28	3:30-4:30 pm	Pickleball Demo	B-Ball Court

April is National Adult Learn-to-Swim Month! Did you know that we offer private lessons?

FREE Equipment Orientations! Please fill out a request form at the Member Service Desk to make an appointment!

IMPACT! Class Descriptions



**CENTER
FOR FITNESS**

Unless otherwise specified, there is no sign up for these classes.

Check us out on Facebook: Be sure to check out our Facebook page for facility updates, informative videos, trainer tips, and class schedules. Follow us to receive the latest up to date info and access exclusive flash sales!

Pickleball Demo: Pickleball is a fun sport for all ages that combines aspects of badminton, table tennis, and tennis! Join LCF Fitness Specialists/Personal Trainers for one of the demos to learn the basics of the game.

Periodization Lecture: Learn to write safe and effective workout programs using scientific principles from Center Director, Joe Berg, MS, CSCS, USA Weightlifting Sports Performance coach, Carlo Fata, BS and certified Personal Trainer Hilary Belling, BS.

Group Active™ Demo: Have you always wanted to try Group Active™ but not sure if it's for you? Are you worried you won't know what to do? Join our instructor to learn the basics of Group Active. We will get you ready for your first class. You will love Group Active—it's got everything you need for a well rounded workout—20 minutes of basic cardio on The Step™, strength, balance, core & flexibility, all in just under an hour! Whether you are new to group fitness or a seasoned participant, this class is for all levels!

Senior Social: Join us for the monthly Senior Social and potluck luncheon. Bring a dish to share with the group. Sign up in advance at the Member Service Desk.

Blood Pressure Booth: Chronic hypertension can lead to a heart attack or stroke. Stop by our booth to make sure your blood pressure is in a healthy range.

Heart Rate Zones: Learn how hard YOU should be working to burn fat and make your heart more efficient!

Forever Young Group WALK warm up: Meet on the track and get warmed up for class with your friends!

Ask the Trainer Booth: Do you have a question for one of our certified Personal Trainers? Stop by this booth to learn more!

LCF Swim Club Demo: Collegiate swimmer, Jackie Woods, wants to help you work on technique for a smoother stroke, endurance to stay consistent, and speed to finish a race strong.

Swim and Sculpt Demo: Swim & Sculpt combines your love of the water and resistance training. Join Jackie for this class that will give you sets in and out of the water, so not only will you tone up, but you will feel extra strong with each stroke!

Battle Ropes Bootcamp Demo: Get ready to battle with this high-intensity, hard-core class with Morgan! Battle Ropes Bootcamp will combine strength training, plyometrics, and core exercises to give a total body workout that will push you to your limits and leave you feeling challenged, accomplished AND strong!

Update your Health History booth: Has it been over a year since you signed up? Has your medical history changed recently? This information can provide valuable information in the event on an emergency.

Boxing Blast Demo: Boxing Blast! is a 30 min class that involves high intensity boxing workouts combined with circuit style training. If you enjoy fast paced movements, athletic skills, and hard hitting, then this class is for you! Push your workouts further than you have before and join Carlo for an exciting new class!

IMPACT! Classes are FREE for Members.

Non-Members are welcome to attend, however the Guest Policy and Guest Fee Applies

Loyola Center for Fitness • 2160 S. First Ave. Bldg. #130 • Maywood, IL 60513 • (708) 327-2348 • www.loyolafitness.org

Center Hours M-F 5am-10pm, SA/SU 7am-7pm (September-April), 7am-5pm (May-August)

*****Special Hours:*****

Friday, April 14th: 7 am-8 pm (Good Friday)

Sunday, April 16th: CLOSED (Happy Easter!)