

**Loyola Center for Fitness
Group Fitness Schedule
and Center Hours for
November 22nd, 23rd, 24th, 25th, 26th**

Wednesday, November 22, 2017

Center Hours 5am—10pm

No 10:30am Pilates Mat class

Thursday, November 23, 2017

Happy Thanksgiving!

Center Hours 7am -1pm



7:15am Bootcamp (Gym Floor) with Morgan

8:00am Aqua Fit with Linda H.

8:00am Slow Flow Yoga (90m, WR) with Mia

9:00am Group Active with Larry

10:00am Group Power with Larry

10:00am Spinning with Maggie

Friday, November 24, 2017

Center Hours 7am—8pm

8:00am Triple Threat with Morgan

8:00am Aqua Fit with Sharon

9:00am Group Power with Morgan

9:00am Vinyasa Yoga (WR) with Micki

9:15am Aqua Fit with Sharon

10:30am Forever Young with Alex

11:30am Zumba Toning with Maria

12:00pm Spinning with Nicole

4:30pm Complete Core with Larry

5:00pm Group Power w/ Larry

6:00pm Work It Circuit with Justin

Saturday, November 25, 2017

Center Hours 7am—7pm

7:30am Aqua Fit with Dawn

7:30am Zumba Fitness with Cecilia

8:30am Aqua Fit with Dawn

8:30am Cardio Blast with Carol

9:00am Cycle Training (75m) with Maggie

9:35am Group Power with Carol

9:30am Vinyasa Yoga (WR) with Micki

10:45am Pilates Mat with Delia

Sunday, November 26, 2017

Center Hours 7am—7pm

Regular Group Fitness Schedule