

FITNESS CLASSES

December 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
MORNING	9:30 am All Levels Circuit*	9:30 am Heart & Hustle	9:30 am All Levels Circuit*	9:30 am Heart & Hustle	9:00 am REV+FLOW*	9:30 am SPIN	<p>Classes marked with an * are accessible via Zoom!</p> <p>Contact snustad@lloydminster.ca to register.</p> <p>We will do our best to accommodate all requests, however we can only guarantee response if request is sent 24 hours before class starts.</p>
	11:00 am YANG/Yin Yoga	10:30 am Pre & Postnatal			10:15 am Pure Strength*	10:30 am RIP	
			1:30 pm Yoga For Every Body			1:00 pm Vibrant Vinyasa Flow	
						SUNDAY	
EVENING	6:00 pm Circuit Breaker	6:00 pm RIP	6:00 pm Circuit Breaker	6:00 pm RIP	<p>Class Notes</p> <p>Dec 22 - No YANG/Yin Yoga Dec 23 - No classes Dec 24 - 26 - No classes Dec 27 - No REV+FLOW or Pure Strength Dec 29-31 - No Classes</p>		<p>SERVUS SPORTS CENTRE MEMBERS RECEIVE</p>
	7:00 pm REFIT*	7:30 pm Zumba		7:30 pm Zumba	6:30 pm Gentle Flow Yoga	7:00 pm YANG/Yin Yoga	

MULTI-FACILITY MEMBERSHIP	1 MONTH	4 MONTH	1 YEAR
Adult (18+)	\$80.75	\$282.75	\$686.50
Senior (60+)	\$54.00	\$189.00	\$459.00
Student (13-17)	\$66.25	\$232.00	\$563.25
Youth (7-12)	\$49.75	\$178.00	\$423.00

DROP IN \$9.50
10xPASS \$85.50

REVIEW THE SCHEDULE ONLINE AT

lloydminster.ca/fitness

Times and classes are subject to change