



Happy Hour Fridays - Fall 2019 Schedule & Class Descriptions

	September 6	September 13	September 20	September 27
Class Name:	100 Steps Workout Challenge	Strong by Zumba®	Introduction to Self-Defence	Family Zumba® Party!
Instructor:	Courtney McCarthy	Courtney McCarthy	Robert Edwards	Sobia Nusrat & Courtney McCarthy
Description:	For this class, we will meet at the studio for our warm up. We will then head out to do an interval run making our way to the 100 steps on Elizabeth Rd. We will complete a series of exercises using the stairs. Followed by a stretch & cool-down walk back to the studio.	A high energy workout synced to the beat, working on both cardio endurance and building strength with bodyweight exercises. Includes kickboxing inspired movements and high energy music to help make you sweat! It is amazingly fun and incredibly effective. It is NOT a dance workout and is suitable for all fitness levels. See results fast and get Strong!	This class is designed to introduce beginner students to core concepts in reality based self-defence. While the techniques and strategies employed are based in traditional Japanese martial arts, the focus will be on practical techniques that can be applied in stressful situations with minimal training. This session will also focus largely on situational awareness and threat avoidance. Be ready to get a little bit loud and physically engage with other students (carefully!).	If you are looking for something super fun and healthy to do with your family, this is it! Join us for a high energy dance party packed with easy to follow routines, games and a fusion of Latin and popular music that both kids and adults will love! Family Zumba gives you and your family a chance to be active together while improving coordination, endurance and strength. All ages and fitness levels are welcome. Use your member guest passes to bring a guest for just \$5+tax, or purchase a special guest pass for kids under 12 for just \$8.50 +tax.
	October 4	October 11	October 18	October 25
Class Name:	Burlesquercise	Thanksgiving Weekend	Kitty Cat Yoga	Hawaiian Hula
Instructor:	Olive Von Topp		Kirstie Griffiths	Courtney McCarthy
Description:	A fun, sweaty, sexy, burlesque cardio workout. You'll learn some basic burlesque moves and put them together in easy cardio choreographies. No experience necessary. Just be willing to have fun. Led by Olive Von Topp, a member of Guelph's local burlesque troupe - the Femme Rebelles.	No Class this week! Have a great long weekend.	We are so excited to be partnering with the Guelph Humane Society(GHS) for this class and adoption event. GHS will be bringing an assortment of kittens and adult cats who are looking to find their Happy "Tails" with a loving family and together we will enjoy a relaxing Yoga class. Yes - that means if you fall in love with a feline friend, you can take them home with you! We will be raising funds to go towards the care of the animals at GHS, so we ask all participants to bring a minimum \$5 donation to class, which Loyobo will happily match. The class will be open to all fitness levels and no previous yoga experience is required.	Aloha! This class will teach you some of the basic dance movements and techniques from the Pacific Islands, including Hawaii and Tahiti. This style of dance focuses largely on graceful hip movements, which provides for an amazing lower body workout! Participants are encouraged to wear a skirt or sarong to class. No dance experience is required and all fitness levels are welcome!
	November 1	November 8	November 15	November 22
Class Name:	Recess Games	Caribbean Craze	Intro to Belly Dancing	Yoga for Lower Back Pain
Instructor:	Courtney McCarthy	Kayla 'Kween' Gerber	Alaina Osborne	Dr. Kristie Griffiths - Chiropractor
Description:	This class will be a workout inspired by some of your childhood favourite recess games! Hula hoops, four square, jump ropes, hopscotch, and more. It will include some solo, partner, and group activities to get you laughing, having fun, and of course - sweating! All fitness levels are welcome.	This class celebrates Caribbean Culture and showcases the magnificence of Caribbean Carnival through movement. This class will combine soca, dancehall, and latin fusion music to help get your body moving! No dance experience required. All fitness levels are welcome!	In this beginner-level class, you will learn Bellydance postures and how to isolate different parts of your body. You will also learn some foundational moves which we will link together into combinations that will culminate into a short choreography! This class is hosted by Alaina Osborne, a professional dancer and choreographer based out of Toronto.	Dr.Griffiths runs a clinical yoga therapy program in Guelph that is specifically designed for people with back pain. This class will be a sneak peek of her program and is open to all fitness levels. It will include a series of postures that reflect current recommendations in the physical rehabilitation of low back pain, to relieve tension, improve mobility, and reduce pain. Learn specific poses, breathing techniques and modifications for accessing exercise safely with back pain. A strong emphasis will be placed on how to incorporate the use of props to make these traditional yoga postures accessible to all bodies
	November 29	December 6	December 13	December 20
Class Name:	Zumba® - One Hit Wonders	Bring-Your-Own-Dog Yoga	Sexy Chair Dance Class	Holiday Stress Reliever
Instructor:	Courtney McCarthy	Kirstie Griffiths	Grit & Grace - Lauren Murphy	Lori McConnell
Description:	Join us for a 60 minute Zumba® party which includes all your favourite one hit wonders! Have a song request? Make sure to email info@loyobofit.com at least 1 week in advance!	This class is going to bring a whole new meaning to Downward Dog! You are encouraged to bring your own furry friend to class at the studio to enjoy a relaxing Yoga class together. Yes - dogs are welcome to join! We will be fundraising for the Guelph Human Society and we ask all participants to bring a \$5 donation to class, which Loyobo will happily match. The class will be open to all fitness levels and no previous yoga experience is required. If you are bringing your canine companion, please make sure they are comfortable in a group environment with other dogs.	A fun, sweaty, sexy, dance workout using a chair to add an extra level of oomph! You'll learn some basic moves to help build your confidence and put them together in an easy choreography. No experience necessary. Just be willing to have fun. Led by the founder of Guelph's local dance group - Grit & Grace.	The holiday season can be a stressful time of year, so this class will be focused on helping you relax and prepare for the busy days ahead. Lori will share some of her tips on how to handle eating at social gatherings, managing family relationships, and how to enjoy the holidays without feeling guilty or getting out of alignment with your health and fitness goals. She will also lead you through a guided meditation and gentle stretch. Let's chill together and ensure your holidays are filled with joy!
	December 27	January 3		
Class Name:	Zumba® Holiday Party	Vision Board Night		
Instructor:	Courtney McCarthy	Courtney McCarthy		
Description:	A 60 minute Zumba® workout, featuring hits from the holiday season. Shake away some stress during a busy time of year and spend a night with your Loyobo family. Let's rock around the Christmas tree and dance under the mistletoe. Santa hats and other holiday wear are highly encouraged!	Join us to chat about your goals for 2020 and make a DIY Vision Board to help you visualize your dreams! A vision board is an easy but effective way to keep you motivated to move towards your goals during the year. Bring a pair of scissors, your lovely self and your ambitions!		