


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h1>NOVEMBER</h1>				<p>1</p> <p>9:00—10:00 am – Pulmonary Fitness * EP Team 10:00—11:00 am – Be Balanced EP Team 11:45—12:30 pm – Get Up & Go * EP Team</p>	<p>2</p>	<p>3</p>
<p>4</p> <p>11:30—12:30 pm – Rock Steady Boxing * EP Team 1:00-2:00 pm – Rock Steady Boxing * EP Team 4:30—5:15 pm – Cardio Intervals Sharon 5:30—6:15 pm – Chisel Sharon</p>	<p>5</p> <p>11:45—12:30 pm – Get Up & Go * EP Team 4:30—5:15 pm – Barre Sharon 5:30—6:15 pm – Staying Strong Sharon 7:30—8:30 pm – Zumba (v) Gina</p>	<p>6</p> <p>9:00—10:00 am – Pulmonary Fitness * EP Team 10:00—11:00 am – Be Balanced EP Team 12:15—1:15 pm – Relaxing Yoga Sara 1:30—2:30 pm – Rock Steady Boxing * Logan 1:45—2:45 pm – Relaxing Yoga (v) Sara 5:00—6:00 pm – Rock Steady Boxing * Logan 6:15—7:00 pm – BuMP Prenatal Yoga Sara</p>	<p>7</p> <p>12:00—1:00 pm – Every Body's Yoga Sara</p>	<p>8</p> <p>9:00—10:00 am – Pulmonary Fitness * EP Team 10:00—11:00 am – Be Balanced EP Team 11:45—12:30 pm – Get Up & Go * EP Team</p>	<p>9</p>	<p>10</p>
<p>11</p> <p>11:30—12:30 pm – Rock Steady Boxing * EP Team 1:00-2:00 pm – Rock Steady Boxing * EP Team 4:30—5:15 pm – Cardio Intervals Sharon 5:30—6:15 pm – Chisel Sharon</p>	<p>12</p> <p>11:45—12:30 pm – Get Up & Go * EP Team 4:30—5:15 pm – Barre Sharon 5:30—6:15 pm – Staying Strong Sharon 7:30—8:30 pm – Zumba (v) Gina</p>	<p>13</p> <p>9:00—10:00 am – Pulmonary Fitness * EP Team 10:00—11:00 am – Be Balanced EP Team 1:30—2:30 pm – Rock Steady Boxing * Logan 1:45—2:45 pm – Relaxing Yoga (v) Sara 5:00—6:00 pm – Rock Steady Boxing * Logan 6:15—7:00 pm – BuMP Prenatal Yoga Sara</p>	<p>14</p> <p>12:00—1:00 pm – Every Body's Yoga Sara 4:30—5:15 pm – Strength & Stretch Sharon</p>	<p>15</p> <p>9:00—10:00 am – Pulmonary Fitness * EP Team 10:00—11:00 am – Be Balanced EP Team 11:45—12:30 pm – Get Up & Go * EP Team</p>	<p>16</p>	<p>17</p>
<p>18</p> <p>11:30—12:30 pm – Rock Steady Boxing * EP Team 1:00-2:00 pm – Rock Steady Boxing * EP Team 4:30—5:15 pm – Cardio Intervals Sharon 5:30—6:15 pm – Chisel Sharon</p>	<p>19</p> <p>11:45—12:30 pm – Get Up & Go * EP Team 4:30—5:15 pm – Barre Sharon 5:30—6:15 pm – Staying Strong Sharon 7:30—8:30 pm – Zumba (v) Gina</p>	<p>20</p> <p>9:00—10:00 am – Pulmonary Fitness * EP Team 10:00—11:00 am – Be Balanced EP Team 12:15—1:15 pm – Relaxing Yoga Sara 1:30—2:30 pm – Rock Steady Boxing * Logan 1:45—2:45 pm – Relaxing Yoga (v) Sara 5:00—6:00 pm – Rock cxSteady Boxing * Logan 6:15—7:00 pm – BuMP Prenatal Yoga Sara</p>	<p>21</p> <p>12:00—1:00 pm – Every Body's Yoga Sara 4:30—5:15 pm – Strength & Stretch Sharon</p>	<p>22</p> <p>9:00—10:00 am – Pulmonary Fitness * EP Team 10:00—11:00 am – Be Balanced EP Team 11:45—12:30 pm – Get Up & Go * EP Team</p>	<p>23</p>	<p>24</p>
<p>25</p> <p>11:30—12:30 pm – Rock Steady Boxing * EP Team 1:00-2:00 pm – Rock Steady Boxing * EP Team 4:30—5:15 pm – Cardio Intervals Sharon 5:30—6:15 pm – Chisel Sharon</p>	<p>26</p> <p>11:45—12:30 pm – Get Up & Go * EP Team 4:30—5:15 pm – Barre Sharon 5:30—6:15 pm – Staying Strong Sharon 7:30—8:30 pm – Zumba (v) Gina</p>	<p>27</p> <p>9:00—10:00 am – Pulmonary Fitness * EP Team 10:00—11:00 am – Be Balanced EP Team 1:30—2:30 pm – Rock Steady Boxing * Logan 5:00—6:00 pm – Rock Steady Boxing * Logan</p>	<p>28</p> 	<p>29</p> <p>9:00—10:00 am – Pulmonary Fitness * EP Team 10:00—11:00 am – Be Balanced EP Team 11:45—12:30 pm – Get Up & Go * EP Team</p>	<p>30</p>	

* Population Health Class

**Classes subject to change without notice

Off-Site Classes at Lower Macungie Township Community Center
(LVHN Fitness Members Only):
Exercise for Life – Mondays/Wednesdays/Fridays from 8:00-9:00 a.m.
Staying Strong – Mondays/Wednesdays/Fridays from 10:00-11:00 a.m.



Barre – 45 minutes of toning and tightening exercises with body weight and/or light dumbbells and the use of a chair.

Be Balanced – A 60-minute class with a focus on balance and stability to decrease risk of fall-related injuries.

BuMP Yoga – A 45-minute virtual class designed for the expectant or new mother, pre and postnatal yoga classes offer you a chance to clear your mind from your daily routine and a stress relieving outlet to bond with the baby in your belly or your newborn. The classes will focus primarily on the physical, mental and emotional benefits that come from the practice of yoga. Babies up to 6 months welcome!

Cardio Intervals – A 45-minute class involving bursts of cardio and periods of rest to challenge the heart rate and work up a sweat! Open to all levels of fitness.

Chisel – 60 minutes of weighted workouts targeting multiple muscle groups to sculpt and challenge your body.

Every Body's Yoga – A 45-minute class incorporating the fundamentals of Yoga basics while enhancing strength and flexibility through the progressions of the Sun Salutations. This class is recommended for all levels of Yoga participation.

Get Up & Go – Health promotion and well-being for individuals dealing with the physiological and psychological challenges of movement disorders.

Pulmonary Fitness – Health promotion and well-being for individuals transitioning from Pulmonary Rehab or those living with lingering respiratory issues resulting from a COVID-19 diagnosis.

Relaxing Yoga – 60 minutes of a gentle form of yoga that includes mindful mat poses to reduce stress and assist in rebalancing your life, with a strong emphasis on “the breath”.

Rock Steady Boxing - REFERRAL ONLY CLASS! Limited to only those with a Parkinson's diagnosis.

Staying Strong – 60-minute workout combining low-impact cardio, strength training to maintain muscle mass and enhance bone density.

Strength & Stretch – A 45-minute class consisting of weighted exercises to focus on muscular strength with dumbbells, body bars, and resistance bands, as well as light stretching to enhance flexibility and mobility.

Yoga Barre & Meditation – A virtual class consisting of yoga poses, barre work with a chair, and calming meditation to open the chakras and release stress.

Yoga Flow – A 45-minute class with a focus on a graceful, smooth flow from one yoga pose to the next.

ZUMBA – 60 minutes of dance inspired aerobics. Latin and salsa style music. Join the party!



For more information:

LVHN Fitness-Cedar Crest

610-402-3699

LVHN Fitness-Muhlenberg

484-884-2851

LVHN Fitness-One City Center

484-862-3002

www.lvhn.org/fitness

www.facebook.com/lvhnfitness