


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h1>NOVEMBER</h1>						
				1	2	3
				9:00-10:00- Yoga Flow Joey 12:00—12:45 pm – Cycle Pump (2) <b>Susan</b> 5:15—6:00 pm – Happy Hour at the Barre (1) <b>Michele</b>	10:30—11:30 am – Yoga Flow (1) <b>Joey</b>	
4	5	6	7	8	9	10
9:00-10:00 AM- Yoga Flow Joey 4:45—5:30 pm – TRX Fusion <b>Don</b> 5:30—6:30 pm – Ride and Roll (2) <b>Don</b>	9:00-10:00 am- Power Yoga Joey 12:00—12:45 pm – Butts 'n Guts <b>Brielle</b> 5:15—6:00 pm – Bike & Barre (2) <b>Mikie</b> 7:30—8:30 pm – Zumba (v) <b>Gina</b>	11:00—11:45 am – Every Body's Yoga (1) <b>Joey</b> 12:00—1:00 pm – Yoga Flow (1) <b>Joey</b> 1:45—2:45 pm – Relaxing Yoga (v) <b>Sara</b> 5:30-6:15: pm- Cycle 45 (2) <b>Don</b>	8:45 —9:30 am – Every Body's Yoga (1) <b>Sara</b> 12:00—12:30 pm – Lunchtime Cycle (2) <b>Susan</b> 12:15—1:00 pm – Yoga Flow (1) <b>Michele</b> 5:30—6:15 pm – Cardio Combat <b>Susan</b>	9:00-10:00- Yoga Flow Joey 12:00—12:45 pm – Cycle Pump (2) <b>Susan</b> 5:15—6:00 pm – Happy Hour at the Barre (1) <b>Michele</b>	9:00—10:00 am – Cycle Pump (2) <b>Susan</b> 10:30—11:30 am – Yoga Flow (1) <b>Joey</b>	
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18	19	20	21	22	23	24
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25	26	27	28	29	30	
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- Room location denoted in parenthesis next to class name
- \* Population Health Class
- Pop-Up Class = special offer for the month

**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.



**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!

**Butts ‘n Guts** – A 45-minute workout focusing on the lower body, specifically the gluteal muscles, and abdominal strength and toning.

**Cardio Combat** - This 45-minute full body workout will feature cardio kick boxing, core work, and use of both the speed bag and boxing equipment located on the 4<sup>th</sup> floor. *High Intensity.* \*\*\*BRING YOUR OWN GLOVES

**Cycling** – 30, 45, or 60 minutes of stationary cycling coached by certified instructors. You control the intensity making class suitable for all levels of fitness.

**Cycle Pump** – 20 or 30 minutes of cycling followed by 20 or 30 minutes of full-body strength training for a balanced, efficient workout!

**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.

**Happy Hour at the Barre** – BYOB (Bring Your Own Bottle – of water, obviously) to this 45-minute class involving the ballet bar, light weights, and body weight exercises for a full-body toning and tightening workout.

**Monday Mobility** - A 30-minute class focusing on improving mobility, flexibility, and strength of ankles, knees, hips, back, and shoulders.

**Power Hour** - A 45-minute class incorporating med-balls, dumbbells, kettlebells, and barbells for a full body workout that will build up your muscular power and strength.

**Relaxing Yoga** – 45 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”.

**Ride and Roll** – A combination of 50 minutes of cycling with a 10 minute guided full-body foam rolling finisher.

**TRX Fusion** – A 45-minute class using the TRX technology to challenge your muscles for a full-body strengthening and conditioning workout. For beginners through experienced, you use your body weight and the TRX to push yourself at your own ability level.

**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.

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

**Yogalates** – A hybrid fitness class that combines yoga and Pilates. It is a low-impact, full-body workout that focuses on strengthening the core, improving flexibility, and promoting balance. Yogalates also incorporates guided mindfulness, breathing exercises, and relaxation.

**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](http://www.lvhn.org/fitness)

[www.facebook.com/lvhnfitness](https://www.facebook.com/lvhnfitness)