


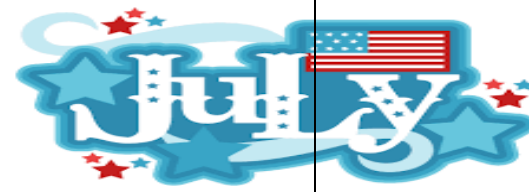



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
<p>5:30-6:30 am – Cycle 60 9:00-10:00 am – Post Rehab Fitness * 9:30-10:30 am – BUMP* 10:30-11:30 am – GUG A (2)* 12:00-1:00 pm – GUG B (2)* 4:00-5:00 pm – WMC * 5:00-5:30 pm – Member Orientation 5:00-5:45 pm – Cardio X Training (2) 5:15-6:00 pm – Cycle 45 6:15-7:15 pm – Zumba (2) 6:00-7:00 pm – Relaxing Yoga (1)</p>	<p>All LVHN Fitness Center locations are closed due to 4th of July Holiday.</p> <p>Happy Independence Day!</p>	<p>ALL DAY – Making Treads Club 5:30-6:15 am – Cycle 45 9:00-10:00 am – Post Rehab Fitness * 9:15-10:15 am – Zumba Gold (2) 10:30-11:00 am – WMC * 12:00-12:30 pm – Core Synergy (2) 4:30-5:00 pm – Tabata (2) 5:15-6:00pm – Yogalatte (3) 5:15-6:15 pm – Zumba (2) 6:15-7:15 pm – Zumba (2) 6:15-7:15 pm – Cycle 60 6:15-7:15 pm – BuMP Yoga (3)</p>	<p>5:30-6:15 am – Cardio X Training (2) 8:30-9:30 am – Staying Strong (2) 10:00-11:00 am – Relaxing Yoga (2) 10:00-11:00 am – Cardiac Fitness * 10:30-11:30 am – GUG A (3)* 12:00-1:00 pm – GUG B (2)* 4:30-5:30 pm – Zumba (2) 5:30-6:30 pm – Cycle 60 7:00-8:00 pm – Every Body's Yoga (2)</p>	<p>5:30-6:15 am – Functional Fusion (3) 8:30-9:30 am – Cardio Dance Mix (2) 9:00-10:00 am – Post Rehab Fitness *</p>	<p>9:15-10:15 am – Cycle 60 9:30-10:30 am – Zumba (2)</p>	<p>Bike & Barre 9:15-10:00 am – Cycle 45 10:00-10:45 am – Barre (1)</p>
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- Room location denoted in parenthesis next to class name (Room 3: Sports Performance Room)

- All Cycle classes are held in the Cycling Room, located adjacent to Group Fitness Room 2

* Population Health Class

Classes subject to change without notice

Bike & Barre – 45 minutes of stationary cycling followed by 45 minutes of barre fitness. This class is the perfect combination of cardio, toning, tightening, and a full body workout. Feel free to participate in one or both parts of the class.

Boot Camp – 30 minutes of challenging exercises that encourage muscle strength and endurance military style! *High intensity* challenging workout.

BuMP Yoga – A 60 minute 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!

Cardiac Fitness - Health promotion and well-being for individuals transitioning from Cardiac Rehab into everyday fitness.

Cardio Cross Training – 45 minute class combining cardiovascular intervals with strength and core conditioning.

Cardio Dance Mix – 60 minute class combining dance inspired aerobics (Zumba Gold-like) and low intensity strength conditioning. Great for beginners and/or participants needing modifications.

Core Synergy – 30 minutes of abdominals and low back strengthening and stretching.

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.

Energizing Yoga – 60 minutes of active yoga, including Sun Salutations and poses that enhance strength and flexibility.

Functional Fusion - A 45-minute class featuring a combination of TRX suspension training exercises and kettlebell functional movement training. This class will challenge movement!

Member Orientation – 60 minutes of introduction to the equipment in LVHN Fitness. Proper setup and technique demonstration. Appropriate for all fitness levels. Individualized exercise programs are not provided during these sessions.

Every Body's Yoga – A 60 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.

Exercise for Life- A 60 minute class that's perfect for anyone new to exercise and individuals with physical limitations. Involves light low-impact movement, followed by chair exercises utilizing light resistance.

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

Making Treads Club – A 45-minute expertly designed training program on the treadmill. Gain a great foundation of miles and speed with motivation! For all levels with any goal! Available all day on Wednesdays.

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”.

S.T.A.T. (Strength Train and Tone) – 30 minutes of circuit training. *Moderate to high intensity.*

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

Tabata– 30 minute maximal workout including a variety of high intensity intervals.

Very Gentle Yoga – 60 minute class format that includes a very gentle form of yoga appropriate for individuals who have physical limitations. Many poses are adaptable to utilizing a chair.

WMC–(Weight Management Class) Health promotion and well-being for individuals who are from the LVHN Weight Management program.

Yogalatte – 45 minute fusion class of Pilates and Yoga for core/body conditioning.

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

ZUMBA Gold – 60 minutes of Zumba designed to be less intense for beginners and participants needing modifications.

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

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