

September 2018

GROUP FITNESS SCHEDULE

LVHN FITNESS - Muhlenberg

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 All LVHN Fitness Center locations are closed due to the Holiday. Happy Independence Day!	4 11:30-12:30 pm – Get Up & Go (3) * 4:30-5:30 pm – Cardio X Training (2) 5:45-6:45 pm – Staying Strong (2)	5 ALL DAY – Making Treads Club (3) 5:45-6:45 pm – Chisel (2) 7:00-8:00 pm – Every Body's Yoga (2)	6 4:30-5:30 pm – Cardio X Training (2) 5:45-6:45 pm – Staying Strong (2)	7 11:30-12:30 pm – Get Up & Go (2) *	8	9
10 3:45-4:30 pm – Fitness, Balance & Stability (2)	11 11:30-12:30 pm – Get Up & Go (3) * 4:30-5:30 pm – Cardio X Training (2) 5:45-6:45 pm – Staying Strong (2)	12 ALL DAY – Making Treads Club (3) 5:45-6:45 pm – Chisel (2) 7:00-8:00 pm – Every Body's Yoga (2)	13 4:30-5:30 pm – Cardio X Training (2) 5:45-6:45 pm – Staying Strong (2)	14 11:30-12:30 pm – Get Up & Go (2) *	15	16
17 3:45-4:30 pm – Fitness, Balance & Stability (2)	18 11:30-12:30 pm – Get Up & Go (3) * 4:30-5:30 pm – Cardio X Training (2) 5:45-6:45 pm – Staying Strong (2)	19 ALL DAY – Making Treads Club (3) 5:45-6:45 pm – Chisel (2) 7:00-8:00 pm – Every Body's Yoga (2)	20 4:30-5:30 pm – Cardio X Training (2) 5:45-6:45 pm – Staying Strong (2)	21 11:30-12:30 pm – Get Up & Go (2) *	22	23
24 3:45-4:30 pm – Fitness, Balance & Stability (2)	25 11:30-12:30 pm – Get Up & Go (3) * 4:30-5:30 pm – Cardio X Training (2) 5:45-6:45 pm – Staying Strong (2)	26 ALL DAY – Making Treads Club (3) 5:45-6:45 pm – Chisel (2) 7:00-8:00 pm – Every Body's Yoga (2)	27 4:30-5:30 pm – Cardio X Training (2) 5:45-6:45 pm – Staying Strong (2)	28 11:30-12:30 pm – Get Up & Go (2) *	29	30 

- Room location denoted in parenthesis next to class name:
 (2) – Group Fitness Room (2nd Floor), (3) – Fitness Floor (3rd Floor)
 * Population Health - specific Class

Cardio Cross Training – 60 minute class combining cardiovascular intervals with strength and core conditioning.

Chisel – 60 minute weighted workout targeting multiple muscle groups to sculpt and challenge your body.

CSI (Cardio Strength Intervals) LVHN – 45 minutes of fat burning Cardio Strength Intervals! All you need in one workout. A combination of cardio exercises for heart health and strength exercises for muscle building, presented in a variety of formats which keeps the class fun and interesting.

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.

Fitness, Balance & Stability– A 45 minute comprehensive class focusing on the improvement of overall fitness, balance and stability in the body. Participants will take part in various exercises greatly increasing their balance, coordination and stability. All fitness levels are welcome. Join us for class and get in tune with your body.

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.

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.



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.

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

A PASSION FOR BETTER MEDICINE.™



610-402-CARE LVHN.org