

# Member Group Fitness Schedule

## Healthy You Fitness Center— Cedar Crest

### MONDAY

5:30–6:30 a.m.	Sunrise Cardio/Strength
9–9:45 a.m.	Cycle Express**
9:15–10 a.m.	Zumba
4:30–5:15 p.m.	Cardio Cross Training
5–5:45 p.m.	Cycle Express**
5:15–6 p.m.	Boot Camp
6–6:45 p.m.	Zumba
7–8 p.m.	Cardio Kickbox

### TUESDAY

5:30–6:30 a.m.	Early Morning Core n' More
9:15–10 a.m.	Belly Dancing
4:45–5:45 p.m.	Power Cycling**
5:15–6 p.m.	Yogalatte
7:15–8:15 p.m.	Line Dancing

### WEDNESDAY

5:30–6:15 a.m.	Cycle Express**
9:15–10 a.m.	Zumba Gold
4:30–5:15 p.m.	Strength
5:15–6 p.m.	Zumba
6–6:45 p.m.	Zumba
6:15–7:15 p.m.	Power Cycling**
6:15–7:15 p.m.	Chisel

### THURSDAY

5:30–6:30 a.m.	Sunrise Cardio/Strength
4:30–5:15 p.m.	Zumba
5–5:45 p.m.	Cycle Express**
5:15–6 p.m.	Boot Camp

### FRIDAY

5:30–6:15 a.m.	Cycle Express**
9:15–10:15 a.m.	Line Dancing

### SATURDAY

8–8:45 a.m.	Kettlebells
8:45–9:30 a.m.	Boot Camp
9:15–10:15 a.m.	Power Cycling**
9:30–10:15 a.m.	Zumba

*\*\*Cycling Class sign ups are available 30 minutes prior to class start time. Signup is on a first-come, first-serve basis. You may only sign yourself up.*

## Healthy You Fitness Center— Muhlenberg

### MONDAY

4:30–5:45 p.m.	Yoga Basics
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### TUESDAY

4:30–5:30 p.m.	Cardio/Strength
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### WEDNESDAY

4:30–5:15 p.m.	Core n' More
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### THURSDAY

4:30–5:30 p.m.	Cardio/Strength
7–8:15 p.m.	Relaxing Yoga

Effective 4/16/2012

Class schedules are subject to change without notice.