

**HEALTHY YOU PROGRAMS  
SPECIALTY FITNESS PACKAGE**

*\$32/Month includes: Belly Dance, Line Dancing and Zumba  
Vitality Plus Discount*

**Belly Dance** – 60 minute class dance exercise that stimulates the senses, tones muscles, builds concentration and boosts creativity!

**Line Dancing** – 60 minutes of popular line dances to country and popular music!

**ZUMBA** – 45 minute format of dance inspired aerobics. Join the party!

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
9:15-10:00 AM Zumba 1243SCC		9:15-10:00 AM Zumba Gold 1243SCC		9:15-10:15 AM Line Dancing 1243SCC	9:30-10:15 AM Zumba 1243SCC
	10:45-11:45 AM Belly Dance 1243SCC				
			4:30-5:15 PM Zumba 1243SCC		
		5:15-6:00 PM Zumba 1243SCC			
6:00 -6:45 PM Zumba 1243SCC		6:00-6:45 PM Zumba 1243SCC			
	7:15-8:15 PM Line Dancing 1243SCC				

***Location Key***

1243SCC – Lehigh Valley Health Network, Healthy You Programs, 1243 S. Cedar Crest Blvd., Lower Level, Allentown

1770 Bathgate – LVH-Muhlenberg, 1770 Bathgate Dr., 2nd Floor, Bethlehem