



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 12:00—1:00 pm – Yoga Flow (1) Joey 4:45—5:30 pm – TRX Fusion Don 5:30—6:30 pm – Ride and Roll (2) Don	2 12:00—12:45 pm – Butts 'n Guts Dana 5:30—6:15 pm – Cardio Combat Susan 7:30—8:30 pm – Zumba (v) Gina	3 11:00—11:45 am – Core Power Yoga (1) Joey 12:00—1:00 pm – Yoga Flow (1) Joey 1:45—2:30 pm – BuMP Yoga (v) Sara 5:30—6:15 pm – Cycle 45 (2) Susan 6:15—7:15 pm – Relaxing Yoga (v) Sara	4 8:45—9:30 am – Every Body's Yoga (1) Sara 12:00—12:30 pm – Lunchtime Cycle (2) Brielle 12:15—1:00 pm – Yoga Flow (1) Michele 5:30—6:15 pm – Cardio Combat Susan	5 12:00—12:45 pm – Cycle Pump (2) Susan 5:15—6:00 pm – POP-UP: Happy Hour at the Barre (1) Michele	6 9:00—10:00 am – Cycle Pump (2) Susan 10:00—11:00 am – Yoga Flow (1) Joey	7
8 12:00—1:00 pm – Yoga Flow (1) Joey 5:30—6:30 pm – Ride and Roll (2) Susan	9 12:00—12:45 pm – Butts 'n Guts Dana 5:30—6:15 pm – Cardio Combat Susan 7:30—8:30 pm – Zumba (v) Gina	10 11:00—11:45 am – Core Power Yoga (1) Joey 12:00—1:00 pm – Yoga Flow (1) Joey 1:45—2:30 pm – BuMP Yoga (v) Sara 5:30—6:15 pm – Cycle 45 (2) Susan	11 8:45—9:30 am – Every Body's Yoga (1) Sara 12:00—12:30 pm – Lunchtime Cycle (2) Brielle 12:15—1:00 pm – Yoga Flow (1) Michele 5:30—6:15 pm – Cardio Combat Susan	12 12:00—12:45 pm – Cycle Pump (2) Susan	13 9:00—10:00 am – Cycle Pump (2) Susan 10:00—11:00 am – Yoga Flow (1) Joey	14
15 12:00—1:00 pm – Yoga Flow (1) Joey 4:45—5:30 pm – TRX Fusion Don 5:15—6:15 pm – POP-UP: Zumba (1) Jackie 5:30—6:30 pm – Ride and Roll (2) Don	16 12:00—12:45 pm – Butts 'n Guts Dana 5:30—6:15 pm – Cardio Combat Susan 7:30—8:30 pm – Zumba (v) Gina	17 11:00—11:45 am – Core Power Yoga (1) Joey 12:00—1:00 pm – Yoga Flow (1) Joey 1:45—2:30 pm – BuMP Yoga (v) Sara 5:30—6:15 pm – Cycle 45 (2) Susan 6:15—7:15 pm – Relaxing Yoga (v) Sara	18 8:45—9:30 am – Every Body's Yoga (1) Sara 12:00—12:30 pm – Lunchtime Cycle (2) Brielle 12:15—1:00 pm – Yoga Flow (1) Michele 5:30—6:15 pm – Cardio Combat Susan	19 12:00—12:45 pm – Cycle Pump (2) Brielle	20 9:00—10:00 am – Cycle Pump (2) Susan 10:00—11:00 am – Yoga Flow (1) Joey	21
22 12:00—1:00 pm – Yoga Flow (1) Joey 4:45—5:30 pm – TRX Fusion Don 5:30—6:30 pm – Ride and Roll (2) Don	23 12:00—12:45 pm – Butts 'n Guts Dana 5:15—6:00 pm – POP-UP: Functional Fusion Brielle 7:30—8:30 pm – Zumba (v) Gina	24 11:00—11:45 am – Core Power Yoga (1) Joey 12:00—1:00 pm – Yoga Flow (1) Joey 1:45—2:30 pm – BuMP Yoga (v) Sara 5:30—6:15 pm – Cycle 45 (2) Susan 6:15—7:15 pm – Relaxing Yoga (v) Sara	25 8:45—9:30 am – Every Body's Yoga (1) Sara 12:00—12:30 pm – Lunchtime Cycle (2) Brielle 12:15—1:00 pm – Yoga Flow (1) Michele 5:30—6:15 pm – POP-UP: Functional Fusion Dana	26 12:00—12:45 pm – Cycle Pump (2) Brielle 5:15—6:00 pm – POP-UP: Happy Hour at the Barre (1) Michele	27 9:00—10:00 am – Cycle Pump (2) Don 10:00—11:00 am – Yoga Flow (1) Joey	28
29 12:00—1:00 pm – Yoga Flow (1) Joey 4:45—5:30 pm – TRX Fusion Don 5:30—6:30 pm – Ride and Roll (2) Don	30 12:00—12:45 pm – Butts 'n Guts Dana 5:15—6:00 pm – Bike & Barre (2) Mikie 7:30—8:30 pm – Zumba (v) Gina	 A P R I L 				

- 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 4th floor. *High Intensity.* ***BRING YOUR OWN GLOVES

Cycle and Arms – A 45-minute class consisting of 35-minutes on the bike with a transition to the floor for an arm-toning finisher.

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.

Yoga Barre & Meditation – A virtual class consisting of yoga poses, barre work with a chair, and calming meditation to open the chakras and release stress.

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

www.facebook.com/lvhnfitness

