

Fitness Center Classes

November

Circuit Madness

1 hour cardio/strength training class with 12 stations set up around the room. Each station has 2 exercises lasting a total of a minute before moving to the next station. Class is completed after going through the stations 3x's, 5 minute abs and 5 minute stretch at the end.

Fit For Life

A combination of classes including stretching, flexibility, low impact aerobics, and toning and sculpting with light weights to keep you moving and feeling healthy for years to come.

Cardio Fusion

Full body sculpting workout that will increase your metabolism and cardiovascular capacity by using a variety of equipment to define the upper body, lower body and core.

Piloxing

Come try the latest Hollywood fitness craze! PILOXING uniquely blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape.

Spinning

Group indoor biking made fun while giving you a great workout that will help you increase your fitness level, improve strength and endurance, and burn up to 500 calories each session!

Spin/ Combo

This class is half and half! 30 minutes of high intensity group cycling class that includes that includes challenging hill climbs, sprints and interval training. 30 minutes of total body conditioning incorporating weights, resistance bands and airopes.

Insanity®

Is a high intensity, and physical demanding exercise program. It's for all levels and modifications for each exercise. TRAIN INSANE!

Yoga

60- Minute yoga class that presents basic poses and mastering the breathing. This class provides orientation for the more vigorous Energizing Yoga and is recommended for beginners.

Body Pump

The original LES MILLS barbell class will sculpt tone and strengthen your entire body fast! Focusing on low weight loads and high repetition movement, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. **Average Calorie Burn: 550**

Lebed

A fun, gentle exercise and movement program designed to help you thrive. It is good for all ages, abilities and fitness levels. It is proven to enhance the well being of those with Cancer, Multiple Sclerosis, Parkinson's Disease, Arthritis, Fibromyalgia, Lymphedema, frozen shoulder, chronic illness, or medical issues.

Butts and Guts

Tired of dreaming about having sexy flat abs and killer back side? Not seeing changes from your current routine? By combining a variety of different exercises and equipment, this class will shape and tone your abs and backside.

Hula Hoop

Bring your own hula hoop. Good for core, hips, and thighs. Only 30mins

Hips, Thighs, & Butts

Have fun targeting the problem areas for women, focusing on toning and tightening your abdominals, hips, glutes, and legs.

MUST SIGN UP FOR SPINNING; SPIN/COMBO AND BODY PUMP

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