

OCTOBER 2025

GROUP FITNESS SCHEDULE

LVHN FITNESS – ONE CITY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		1	2	3	4	5	
			11:00—11:45 am – Every Body’s Yoga (1) <b>Joey</b> 12:00—1:00 pm – Yoga Flow (1) <b>Joey</b> 12:00—12:45 pm – Power Hour <b>Clay</b> 1:45—2:45 pm – Relaxing Yoga (v) <b>Sara</b> 5:30—6:15 pm – Cycle 45 (2) <b>Tori</b> 6:15—7:00 pm – Barre (1) <b>Tori</b>	8:45—9:30 am – Every Body’s Yoga (1) <b>Sara</b> 12:00—12:20 pm – Core & More (2) <b>Brielle</b> 12:15—1:00 pm – Yoga Flow (1) <b>Michele</b> 6:30—7:15 pm – Full Body Strength <b>Clay</b>	9:00—10:00 am – Yoga Flow (1) <b>Joey</b> 12:00—12:45 pm – Cycle Pump (2) <b>Susan</b> 5:15—6:00 pm – Happy Hour at the Barre (1) <b>Michele</b>	9:00—10:00 am – Cycle Pump (2) <b>Susan</b> 10:30—11:30 am – Yoga Flow (1) <b>Joey</b>	10:00—11:00 am – Sunday Barre Reset (1) <b>Tori</b>
	6	7	8	9	10	11	12
	9:00—10:00 am – Yoga Flow (1) <b>Joey</b> 12:00—12:30 pm – Monday Mobility <b>Clay</b> 4:45—5:30 pm – TRX Fusion <b>Don</b> 5:30—6:15 pm – POP-UP: Battle Ropes <b>Clay</b> 5:30—6:30 pm – Ride and Roll (2) <b>Don</b>	9:00—10:00 am – Power Yoga (1) <b>Joey</b> 12:00—12:45 pm – Muscle Up <b>Dana</b> 6:00—6:45 pm – Strength Circuit (1) <b>Tori</b> 7:30—8:30 pm – Zumba (v) <b>Gina</b>	11:00—11:45 am – Every Body’s Yoga (1) <b>Joey</b> 12:00—1:00 pm – Yoga Flow (1) <b>Joey</b> 12:00—12:45 pm – Power Hour <b>Clay</b> 1:45—2:45 pm – Relaxing Yoga (v) <b>Sara</b> 5:30—6:15 pm – Cycle 45 (2) <b>Susan</b> 6:15—7:00 pm – Barre (1) <b>Tori</b>	8:45—9:30 am – Every Body’s Yoga (1) <b>Sara</b> 12:00—12:20 pm – Core & More (2) <b>Brielle</b> 12:15—1:00 pm – Yoga Flow (1) <b>Michele</b> 5:30—6:15 pm – Cardio Combat <b>Susan</b> 6:30—7:15 pm – Full Body Strength <b>Clay</b>	9:00—10:00 am – Yoga Flow (1) <b>Joey</b> 10:30—11:15 am – POP-UP: Relaxing Yoga (1) <b>Sara</b> 12:00—12:45 pm – Cycle Pump (2) <b>Brielle</b> 5:15—6:00 pm – Happy Hour at the Barre (1) <b>Michele</b>	9:00—10:00 am – Cycle Pump (2) <b>Susan</b> 10:30—11:30 am – Yoga Flow (1) <b>Joey</b>	10:00—11:00 am – Sunday Barre Reset (1) <b>Tori</b>
	13	14	15	16	17	18	19
	9:00—10:00 am – Yoga Flow (1) <b>Joey</b> 12:00—12:30 pm – Monday Mobility <b>Clay</b> 4:45—5:30 pm – TRX Fusion <b>Don</b> 5:30—6:30 pm – Ride and Roll (2) <b>Don</b>	9:00—10:00 am – Power Yoga (1) <b>Joey</b> 12:00—12:45 pm – Muscle Up <b>Dana</b> 6:00—6:45 pm – Strength Circuit (1) <b>Tori</b> 7:30—8:30 pm – Zumba (v) <b>Gina</b>	11:00—11:45 am – Every Body’s Yoga (1) <b>Joey</b> 12:00—1:00 pm – Yoga Flow (1) <b>Joey</b> 12:00—12:45 pm – Power Hour <b>Clay</b> 1:45—2:45 pm – Relaxing Yoga (v) <b>Sara</b> 5:30—6:15 pm – Cycle 45 (2) <b>Susan</b> 6:15—7:00 pm – Barre (1) <b>Tori</b>	8:45—9:30 am – Every Body’s Yoga (1) <b>Sara</b> 12:00—12:20 pm – Core & More (2) <b>Brielle</b> 12:15—1:00 pm – Yoga Flow (1) <b>Michele</b> 5:30—6:15 pm – Cardio Combat <b>Susan</b> 6:30—7:15 pm – Full Body Strength <b>Clay</b>	12:00—12:45 pm – Cycle Pump (2) <b>Susan</b> 5:15—6:00 pm – Happy Hour at the Barre (1) <b>Michele</b>	9:00—10:00 am – Cycle Pump (2) <b>Susan</b>	
20	21	22	23	24	25	26	
9:00—10:00 am – Yoga Flow (1) <b>Joey</b> 12:00—12:30 pm – Monday Mobility <b>Clay</b> 4:45—5:30 pm – TRX Fusion <b>Don</b> 5:30—6:30 pm – Ride and Roll (2) <b>Don</b>	9:00—10:00 am – Power Yoga (1) <b>Joey</b> 12:00—12:45 pm – Muscle Up <b>Dana</b> 6:00—6:45 pm – Strength Circuit (1) <b>Tori</b> 7:30—8:30 pm – Zumba (v) <b>Gina</b>	11:00—11:45 am – Every Body’s Yoga (1) <b>Joey</b> 12:00—1:00 pm – Yoga Flow (1) <b>Joey</b> 12:00—12:45 pm – Power Hour <b>Clay</b> 1:45—2:45 pm – Relaxing Yoga (v) <b>Sara</b> 5:30—6:15 pm – Cycle 45 (2) <b>Susan</b> 6:15—7:00 pm – Barre (1) <b>Tori</b>	8:45—9:30 am – Every Body’s Yoga (1) <b>Sara</b> 12:00—12:45 pm – Cycle Pump (2) <b>Don</b> 12:15—1:00 pm – Yoga Flow (1) <b>Michele</b> 5:30—6:15 pm – Relaxing Yoga (v) <b>Sara</b> 6:30—7:15 pm – Full Body Strength <b>Clay</b>	9:00—10:00 am – Yoga Flow (1) <b>Joey</b> 10:30—11:15 am – POP-UP: Relaxing Yoga (1) <b>Sara</b> 12:00—12:45 pm – Cycle Pump (2) <b>Brielle</b> 5:15—6:00 pm – Happy Hour at the Barre (1) <b>Tori</b>	9:00—10:00 am – Cycle Pump (2) <b>Don</b> 10:30—11:30 am – Yoga Flow (1) <b>Joey</b>	10:00—11:00 am – Sunday Barre Reset (1) <b>Tori</b>	
27	28	29	30	31			
9:00—10:00 am – Yoga Flow (1) <b>Joey</b> 12:00—12:30 pm – Monday Mobility <b>Clay</b> 4:45—5:30 pm – TRX Fusion <b>Don</b> 5:30—6:30 pm – Ride and Roll (2) <b>Don</b>	9:00—10:00 am – Power Yoga (1) <b>Joey</b> 12:00—12:45 pm – Muscle Up <b>Dana</b> 6:00—6:45 pm – Strength Circuit (1) <b>Tori</b> 7:30—8:30 pm – Zumba (v) <b>Gina</b>	11:00—11:45 am – Every Body’s Yoga (1) <b>Joey</b> 12:00—1:00 pm – Yoga Flow (1) <b>Joey</b> 12:00—12:45 pm – Power Hour <b>Clay</b> 1:45—2:45 pm – Relaxing Yoga (v) <b>Sara</b> 5:30—6:15 pm – Cycle 45 (2) <b>Susan</b> 6:15—7:00 pm – Barre (1) <b>Tori</b>	8:45—9:30 am – Every Body’s Yoga (1) <b>Sara</b> 12:00—12:45 pm – Cycle Pump (2) <b>Don</b> 12:15—1:00 pm – Yoga Flow (1) <b>Michele</b> 5:30—6:15 pm – Cardio Combat <b>Susan</b> 6:30—7:15 pm – Full Body Strength <b>Clay</b>	9:00—10:00 am – Yoga Flow (1) <b>Joey</b> 12:00—12:45 pm – Cycle Pump (2) <b>Susan</b>			
							

- 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.



**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 4<sup>th</sup> floor. *High Intensity.* \*\*\*BRING YOUR OWN GLOVES

**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 Fusion** – 20 minutes of stationary cycling followed by 10 minutes of core work.

**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.

**Muscle Up** – A 45-minute class with the utilization of weights for full-body strengthening and toning.

**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.

**Strength Circuit** – A 45-minute class with a focus on form and progression, incorporating strength circuits and short cardio bursts to improve muscular endurance and total body health.

**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.

**Yogalates** – A hybrid fitness class that combines yoga and Pilates. It is a low-impact, full-body workout that focuses on strengthening the core, improving flexibility, and promoting balance. Yogalates also incorporates guided mindfulness, breathing exercises, and relaxation.

**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](http://www.lvhn.org/fitness)  
[www.facebook.com/lvhnfitness](https://www.facebook.com/lvhnfitness)

