



NOVEMBER 2025

GROUP FITNESS SCHEDULE

LVHN FITNESS – ONE CITY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div> <div>N</div> <div>  </div> <div>V</div> <div>E</div> <div>M</div> <div>B</div> <div>E</div> <div>R</div> </div>					¹ 10:30—11:30 am – Yoga Flow (1) Joey	² 10:00—11:00 am – Sunday Barre Reset (1) Tori
³ 9:00—10:00 am – Yoga Flow (1) Joey 12:00—12:30 pm – Monday Mobility Clay 4:45—5:30 pm – TRX Fusion Don 5:30—6:30 pm – Ride and Roll (2) Don	⁴ 9:00—10:00 am – Power Yoga (1) Joey 12:00—12:45 pm – Muscle Up Dana 6:00—6:45 pm – Strength Circuit (1) Tori 7:30—8:30 pm – Zumba (v) Gina	⁵ 11:00—11:45 am – Every Body's Yoga (1) Joey 12:00—1:00 pm – Yoga Flow (1) Joey 12:00—12:45 pm – Power Hour Clay 1:45—2:45 pm – Relaxing Yoga (v) Sara 5:30—6:15 pm – Cycle 45 (2) Susan 6:15—7:00 pm – Barre (1) Tori	⁶ 8:45—9:30 am – Every Body's Yoga (1) Sara 12:00—12:20 pm – Core & More (2) Brielle 12:15—1:00 pm – Yoga Flow (1) Michele 5:30—6:15 pm – Cardio Combat Susan 6:30—7:15 pm – Full Body Strength Clay	⁷ 9:00—10:00 am – Yoga Flow (1) Joey 10:30—11:30 am – POP-UP: Relaxing Yoga (1) Sara 12:00—12:45 pm – Cycle Pump (2) Brielle 5:15—6:00 pm – Happy Hour at the Barre (1) Michele	⁸ 9:00—10:00 am – Cycle Pump (2) Susan 10:30—11:30 am – Yoga Flow (1) Joey	⁹ 10:00—11:00 am – Sunday Barre Reset (1) Tori
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- 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 4th 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
LVHN Fitness-Muhlenberg
LVHN Fitness-One City Center

610-402-3699
484-884-2851
484-862-3002

www.lvhn.org/fitness
www.facebook.com/lvhnfitness

