

| Monday   | Tuesday  | Wednesday | Thursday | Friday  | Saturday | Sunday |
|--|--|-----------|----------|---|----------|--------|
|  |  |           |          |  |          |        |
| 2  | 3  | 4         | 5        | 6   | 7        | 8      |
| 9  | 10   | 11        | 12       | 13  | 14       | 15     |
| 16   | 17   | 18        | 19       | 20  | 21       | 22     |
| 23   | 24   | 25        | 26       | 27  | 28       |        |

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.

- Room location denoted in parenthesis next to class name (Room 3: Sports Performance Room)
- All cycle classes are held in the Cycling Room, located adjacent to Group Fitness Room 2
- \* Population Health Class
- POP-UP Class = special offer for the month

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**Be Balanced** – A 60-minute class with a focus on balance and stability to decrease risk of fall-related injuries.

**Cardiac Fitness** - Health promotion and well-being for individuals transitioning from Cardiac Rehab into everyday fitness.

**Cardio X Training** – 45-minute class combining cardiovascular intervals with strength and core conditioning.

**Curls 'n Crunches** – A 45-minute class targeting biceps, triceps, and deltoids in addition to core. Great class for all fitness levels.

**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.

**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.

**Flow Yoga 101** – This class will introduce the vinyasa or “flow” yoga to those new to the practice. The pace is slower and modifications will be provided. Moving through Sun Salutations and holding postures for short periods of time, you will gain functional strength and flexibility, increase core stability, improve balance and endurance and enjoy the energy created by the class. Deliberate breathing is incorporated to keep you focused and present in the moment. A relaxation period at the end of class will allow you to assimilate the physical and mental benefits of the practice.

**Get Up & Go** – Health promotion and well-being for individuals dealing with the physiological and psychological challenges of movement disorders.

**HIIT** – A 45-minute class of high intensity interval training with full-body strength, cardio, and endurance.

**Mid-Week Move it** – This 45-minute low-impact structure includes a warm up, gait/walking exercises, resistance training, and cool down.

**Monday Morning Stretch** – A 60-minute class focusing on increasing mobility, core, and blood circulation in all joints. In this class we will be using bands, foam rollers, body weight and stability balls to increase flexibility, strength, and improve overall posture. A majority of the class will be lying down on a mat.

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

**NExT** – A 45-minute class including light/moderate resistance training, cardiovascular exercise, balance and flexibility exercises for those with neuromuscular diseases.

**Pilates** – A class great for all levels designed to strengthen legs, arms, and core. Get ready to sculpt, stretch, and sweat!

**Pulmonary Fitness** – Health promotion and well-being for individuals transitioning from Pulmonary Rehab or those living with lingering respiratory issues resulting from a COVID-19 diagnosis.

**Raise the Barre** – A 45-minute class involving toning and tightening exercises with body weight and/or light dumbbells and the use of a ballet barre.

**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”.

**Rock Steady Boxing** - REFERRAL ONLY CLASS! Limited to only those with a Parkinson's diagnosis.

**Small Group Training** – A 60-minute resistance-training workout with a strong focus on proper form. Split into two foci: upper and lower body exercises. Limited to 12 participants.

**Step Up** - 30-minute class involving all things “step”. This class is suitable for all levels of fitness and will focus on cardio with some added strength-focused exercises. Grab your stepper and let's go!

**Wall Yoga** - Using the wall in a gentle yoga class serves as a prop that aids in alignment and stability. This 45-min class utilizes traditional yoga mats and props, but it is done against a wall and is appropriate for all ages and ability levels. Class size is limited to 8 students to guarantee enough comfortable spacing for everyone.

**Weights and Plates** – A 45-minute class that utilizes dumbbells and weight plates to provide a unique workout with an emphasis on higher repetitions using lower to moderate weights. This class is great to build up muscular endurance and definition. Open to all levels of fitness.

**Weight Training** – This class is designed for building strength, increasing and maintaining skeletal muscle, and increasing healthy longevity.

**Yoga Barre & Meditation** – A class consisting of yoga poses, barre work with a chair, and calming meditation to open the chakras and release stress. Offered both in-person and virtually.

**Yoga Flow** – A 45-minute class with a focus on a graceful, smooth flow from one yoga pose to the next.

**Yoga Tone** - Yoga and weight training! They couldn't be two more different disciplines or serve more different purposes but combined deliver powerful results, creating stronger bodies, greater flexibility, better posture, and reduced stress, along with nourishment for the soul. Not to mention the dumbbells adding knockout arms, shoulders, and back with increased upper body strength and stronger bones! This is a popular, powerful class but accommodates every level. A great complement to your yoga practice.

**ZUMBA** – 60 minutes of dance inspired aerobics. Latin and salsa style music. Join the party!

**ZUMBA Gold** – A lower-intensity version of the typical Zumba class.

**For more information:**

**LVHN Fitness-Cedar Crest**

610-402-3699

**LVHN Fitness-Muhlenberg**

484-884-2851

**LVHN Fitness-One City Center**

484-862-3002

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