

JULY 2026

## GROUP FITNESS SCHEDULE

LVHN FITNESS – ONE CITY CENTER

| Monday                                                                            | Tuesday                                                                                                | Wednesday                                                                                                                                                | Thursday                                                                                                  | Friday                                                                                                     | Saturday                                                                                                               | Sunday                                                                                |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |                                                                                                        | <b>1</b><br>5:30—6:15 pm – Cycle 45 (2) <b>Susan</b><br>6:15—7:00 pm – Barre (1) <b>Tori</b>                                                             | <b>2</b><br>8:45—9:30 am – Every Body's Yoga (1) <b>Sara</b><br>5:30—6:15 pm – Cardio Combat <b>Susan</b> | <b>3</b><br>12:00—12:45 pm – Cycle Pump (2) <b>Susan</b>                                                   | <b>4</b><br>CLOSED!<br>             |                                                                                       |
|                                                                                   | <b>6</b><br>6:00—6:30 pm – Cycle 30 (2) <b>Susan</b><br>6:35—7:05 pm – Strength/Barre (1) <b>Susan</b> | <b>7</b><br>12:00—12:45 pm – Muscle Up <b>Dana</b><br>6:00—6:45 pm – Strength Circuit (1) <b>Tori</b>                                                    | <b>8</b><br>5:30—6:15 pm – Cycle 45 (2) <b>Susan</b><br>6:15—7:00 pm – Barre (1) <b>Tori</b>              | <b>9</b><br>5:30—6:15 pm – Cardio Combat <b>Susan</b>                                                      | <b>10</b><br>12:00—12:45 pm – Cycle Pump (2) <b>Susan</b><br>5:15—6:00 pm – Happy Hour at the Barre (1) <b>Michele</b> | <b>11</b><br>9:00—10:00 am – Cycle Pump (2) <b>Susan</b>                              |
|                                                                                   | <b>13</b><br>6:00—6:30 pm – Cycle 30 (2) <b>Tori</b><br>6:35—7:05 pm – Strength/Barre (1) <b>Tori</b>  | <b>14</b><br>12:00—12:45 pm – Muscle Up <b>Dana</b><br>12:30—1:15 pm – Relaxing Yoga (1) <b>Sara</b><br>6:00—6:45 pm – Strength Circuit (1) <b>Tori</b>  | <b>15</b><br>5:30—6:15 pm – Cycle 45 (2) <b>Susan</b><br>6:15—7:00 pm – Barre (1) <b>Tori</b>             | <b>16</b><br>8:45—9:30 am – Every Body's Yoga (1) <b>Sara</b><br>5:30—6:15 pm – Cardio Combat <b>Susan</b> | <b>17</b><br>12:00—12:45 pm – Cycle Pump (2) <b>Peggy</b>                                                              | <b>18</b>                                                                             |
|                                                                                   | <b>20</b><br>6:00—6:30 pm – Cycle 30 (2) <b>Tori</b><br>6:35—7:05 pm – Strength/Barre (1) <b>Tori</b>  | <b>21</b><br>12:00—12:45 pm – Muscle Up <b>Susan</b><br>12:30—1:15 pm – Relaxing Yoga (1) <b>Sara</b><br>6:00—6:45 pm – Strength Circuit (1) <b>Tori</b> | <b>22</b><br>5:30—6:15 pm – Cycle 45 (2) <b>Susan</b><br>6:15—7:00 pm – Barre (1) <b>Tori</b>             | <b>23</b><br>8:45—9:30 am – Every Body's Yoga (1) <b>Sara</b><br>5:30—6:15 pm – Cardio Combat <b>Susan</b> | <b>24</b><br>12:00—12:45 pm – Cycle Pump (2) <b>Susan</b><br>5:15—6:00 pm – Happy Hour at the Barre (1) <b>Michele</b> | <b>25</b><br>9:00—10:00 am – Cycle Pump (2) <b>Susan</b>                              |
|                                                                                   | <b>27</b><br>6:00—6:30 pm – Cycle 30 (2) <b>Tori</b><br>6:35—7:05 pm – Strength/Barre (1) <b>Tori</b>  | <b>28</b><br>12:00—12:45 pm – Muscle Up <b>Susan</b><br>12:30—1:15 pm – Relaxing Yoga (1) <b>Sara</b><br>6:00—6:45 pm – Strength Circuit (1) <b>Tori</b> | <b>29</b><br>5:30—6:15 pm – Cycle 45 (2) <b>Susan</b><br>6:15—7:00 pm – Barre (1) <b>Tori</b>             | <b>30</b><br>8:45—9:30 am – Every Body's Yoga (1) <b>Sara</b><br>5:30—6:15 pm – Cardio Combat <b>Susan</b> | <b>31</b><br>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

### IMPORTANT CLASS UPDATE:

We understand that schedule changes can be frustrating, and we truly appreciate your interest in attending our group fitness classes. In an effort to responsibly manage operational costs while continuing to offer a wide variety of programming, we have implemented a policy to **cancel classes two hours in advance if fewer than five participants are registered.**

This approach helps us ensure we are using resources effectively while still maintaining a strong and sustainable group fitness schedule. We encourage members to register in advance whenever possible, as registrations directly impact whether a class will run.

We remain committed to offering high-quality programming and appreciate your understanding and flexibility.

### CLASS LIST:

**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.

### 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](http://www.lvhn.org/fitness)

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