

SEPTEMBER 2026
GROUP FITNESS SCHEDULE
LVHN FITNESS – ONE CITY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 12:00—12:45 pm – Muscle Up Dana 6:00—6:45 pm – Strength Circuit (1) Tori	2 5:30—6:15 pm – Cycle 45 (2) Susan 6:15—7:00 pm – Barre (1) Tori	3 8:45 —9:30 am – Every Body's Yoga (1) Sara 5:30—6:15 pm – Cardio Combat Susan	4 12:00—12:45 pm – Cycle Pump (2) Susan 5:15—6:00 pm – Happy Hour at the Barre (1) Michele	5 9:00—10:00 am – Cycle Pump (2) Susan	6
	7 CLOSED! 	8 12:00—12:45 pm – Muscle Up Dana 5:30—6:15 pm – Cardio Combat Susan	9 5:30—6:15 pm – Cycle 45 (2) Susan 6:15—7:15 pm – Zumba (1) Jackie	10 8:45 —9:30 am – Every Body's Yoga (1) Sara	11 12:00—12:45 pm – Cycle Pump (2) Brielle 5:15—6:00 pm – Happy Hour at the Barre (1) Peggy	12 13
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21 5:30—6:00 pm – Cycle 30 (2) Susan 6:05—6:35 pm – Strength/Barre (1) Susan	22 12:00—12:45 pm – Muscle Up Dana 5:30—6:15 pm – Cycle 45 (2) Susan	23 6:15—7:15 pm – Zumba (1) Jackie	24 8:45 —9:30 am – Every Body's Yoga (1) Sara 5:30—6:15 pm – Cardio Combat Susan	25 12:00—12:45 pm – Cycle Pump (2) Brielle 5:15—6:00 pm – Happy Hour at the Barre (1) Peggy	26	27
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- 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 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.

For more information:

LVHN Fitness-Cedar Crest
LVHN Fitness-Muhlenberg
LVHN Fitness-One City Center

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484-862-3002

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