



Fitness & Sports
Performance

APRIL 2018

GROUP FITNESS SCHEDULE: COMMERCE WAY

<https://go.activecalendar.com/sluhn/site/getfit/>

COMMERCE WAY

77 South Commerce Way
Bethlehem, PA 18017
484-526-3177

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2 6:00am Group Cycling 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young 4:30pm Pilates & More 5:30pm Barre-less Fusion 5:45pm MetCon* 6:30pm Zumba®	3 5:40am MetCon* 9:15am Group Cycling 10:00am Advanced MetCon* 10:15am Circuit Challenge 4:30pm Group Cycling 6:00pm Zumba® 7:00pm Group Cycling	4 6:00am Group Cycling 8:00am Zumba® 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young 5:30pm Core, Cuts & Cardio 5:45pm MetCon*	5 5:40am MetCon* 9:00am Circuit Challenge 10:00am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 5:30pm Yoga 6:30pm Barre-less Fusion	6 6:00am Group Cycling 9:00am Max Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Pilates & More	7 7:30am Group Cycling 8:30am Group Cycling 9:30am Dance Fitness	
9 6:00am Group Cycling 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young 4:30pm Pilates & More 5:30pm Barre-less Fusion 5:45pm MetCon* 6:30pm Zumba®	10 5:40am MetCon* 9:15am Group Cycling 10:00am Advanced MetCon* 10:15am Circuit Challenge 4:30pm Group Cycling 6:00pm Zumba® 7:00pm Group Cycling	11 6:00am Group Cycling 8:00am Zumba® 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young 5:30pm Core, Cuts & Cardio 5:45pm MetCon*	12 5:40am MetCon* 9:00am Circuit Challenge 10:00am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 5:30pm Yoga 6:30pm Barre-less Fusion	13 6:00am Group Cycling 9:00am Max Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Pilates & More	14 7:30am Group Cycling 8:30am Group Cycling 9:30am Dance Fitness	
16 6:00am Group Cycling 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young 4:30pm Pilates & More 5:30pm Barre-less Fusion 5:45pm MetCon* 6:30pm Zumba®	17 5:40am MetCon* 9:15am Group Cycling 10:00am Advanced MetCon* 10:15am Circuit Challenge 4:30pm Group Cycling 6:00pm Zumba® 7:00pm Group Cycling	18 6:00am Group Cycling 8:00am Zumba® 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young 5:30pm Core, Cuts & Cardio 5:45pm MetCon*	19 5:40am MetCon* 9:00am Circuit Challenge 10:00am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 5:30pm Yoga 6:30pm Barre-less Fusion	20 6:00am Group Cycling 9:00am Max Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Pilates & More	21 7:30am Group Cycling 8:30am Group Cycling 9:30am Zumba Toning®	
23 6:00am Group Cycling 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young 4:30pm Pilates & More 5:30pm Barre-less Fusion 5:45pm MetCon* 6:30pm Zumba®	24 5:40am MetCon* 9:15am Group Cycling 10:00am Advanced MetCon* 10:15am Circuit Challenge 4:30pm Group Cycling 6:00pm Zumba® 7:00pm Group Cycling	25 6:00am Group Cycling 8:00am Zumba® 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young 5:30pm Core, Cuts & Cardio 5:45pm MetCon*	26 5:40am MetCon* 9:00am Circuit Challenge 10:00am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 5:30pm Yoga 6:30pm Barre-less Fusion	27 6:00am Group Cycling 9:00am Max Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Pilates & More	28 7:30am Group Cycling 8:30am Group Cycling 9:30am Dance Fitness	
30 6:00am Group Cycling 9:00am Aerobic Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Forever Young 4:30pm Pilates & More 5:30pm Barre-less Fusion 5:45pm MetCon* 6:30pm Zumba®	<p align="center">Hours of Operation: Monday - Thursday: 5:30am - 10:00pm Friday: 5:30am - 9:00pm Saturday & Sunday: 7:00am - 4:00pm</p>			<p align="center">*MetCon Classes: <i>Are included in Sports Performance Memberships only.</i></p>		
<p align="center">   </p>						
<p align="center"> THE FITNESS CENTER WILL BE OPEN 7:00AM - 1:00PM ON SUNDAY APRIL 1ST </p>						

GROUP FITNESS CLASS DESCRIPTIONS: Commerce Way

WWW.FACEBOOK.COM/MYHEALTHFITNESS

WWW.GETFIT.SLUHN.ORG

AEROBIC FUSION: This class combines the essentials of fitness through a blend of low impact floor aerobics, cardio-box elements, muscle conditioning activities, and includes a few easy dance steps too.*

BARRE-LESS FUSION: This unique approach to barre workouts fuses Pilates, Yoga, Aerobics, and Strengthening exercises without the need for an actual barre. It delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into amazing shape. *

CORE, CUTS AND CARDIO: Participants will engage in traditional cardiovascular training routines (hi-lo, step, intervals, etc.), strength training, using various equipment and their body weight, and a variety of exercises to strengthen the core. All fitness levels are welcome.*

CIRCUIT CHALLENGE: Challenge every muscle in your body with this dynamic class. You will work with light weights, balls, bands, or even your own body weight during this challenging circuit style class.**

DANCE FITNESS: Have fun and get a great cardiovascular workout dancing to this unique blend of Latin and pop music.*

FOREVER YOUNG: This class is a light aerobic workout for active adults. It is intended to improve balance, flexibility, and coordination.*

GROUP CYCLING: Enjoy a fun and invigorating workout set to music. Designed to simulate outdoor cycling on a stationary cycle. Take pleasure in the benefits of a group training ride without the fear of keeping up!*

MAX FUSION: This class is taking Aerobic Fusion to the MAX. Experience a blend of high intensity, yet low impact, cardio combined with intervals of upper and lower body strengthening done with your own body weight. (You should be able to get p and down from the floor frequently to get the most from this

METCON: or “Metabolic Conditioning” refers to short bouts of high-intensity exercise done in fast succession. It is designed to work all the body’s energy systems in an intense, but efficient way. Experience a fantastic workout in 30 minutes or less.** (class meets on the turf) **MetCon classes are included in Sports Performance Memberships only.**

ADVANCED METCON: This is an advanced level class. You must be able to run at least 2 miles and be following a progressive strength training program. Please attend one of the other MetCon classes before attempting this class.** (class meets on turf) **MetCon classes are included in Sports Performance Memberships only.**

PILATES & MORE: This class will incorporate elements of Stott Pilates and Yoga and is designed as a progressive two-month series. It progress to the use of bands and stability balls. The class is designed to develop core strength, and improve posture, coordination, balance, overall strength, and flexibility. Exercises can be modified for all fitness levels. (Please see instructor prior to beginning classes)*

YOGA: A relaxing and refreshing addition to your week, this class emphasizes the harmonious balance between mind and body. Various poses will be utilized to improve postural alignment, body strength, and flexibility.*

ZUMBA®: Have fun dancing to this unique blend of Latin rhythms while receiving the body shaping benefits of a dynamic workout. Experience the dance styles of the salsa, merengue, cumbia, and reggaeton.*

ZUMBA TONING®: Have fun dancing to this unique blend of Latin rhythms while receiving the body shaping benefits of a dynamic workout. In addition to a fantastic aerobic workout, this class will also use light hand weights to add a toning element.*

*** All Fitness Levels**

**** Intermediate and Above**