



Fitness & Sports
Performance


JANUARY 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
1  Fitness Center OPEN 7:00am - 1:00pm NO Classes Children's Room CLOSED	2 5:40am MetCon Elements 6:00am MetCon* 9:15am Group Cycling 10:00am Advanced MetCon* ~~~NEW CLASS~~~ <u>10:15am Circuit Challenge</u> 4:30pm Group Cycling 6:00pm Zumba® 7:00pm Group Cycling	3 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*	4 5:40am MetCon Elements 6:00am MetCon* 9:00am Circuit Challenge 10:00am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 5:30pm Yoga 6:30pm Pilates & More	5 6:00am Group Cycling 9:00am Max Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Pilates & More	6 7:30am Group Cycling 8:30am Group Cycling 9:30am Zumba®
8 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®	9 5:40am MetCon Elements 6:00am MetCon* 9:15am Group Cycling 10:00am Advanced MetCon* 10:15am Circuit Challenge 4:30pm Group Cycling 6:00pm Zumba® 7:00pm Group Cycling	10 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*	11 5:40am MetCon Elements 6:00am MetCon* 9:00am Circuit Challenge 10:00am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 5:30pm Yoga 6:30pm Pilates & More	12 6:00am Group Cycling 9:00am Max Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Pilates & More	13 7:30am Group Cycling 8:30am Group Cycling 9:30am Zumba Toning®
15 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®	16 5:40am MetCon Elements 6:00am MetCon* 9:15am Group Cycling 10:00am Advanced MetCon* 10:15am Circuit Challenge 4:30pm Group Cycling 6:00pm Zumba® 7:00pm Group Cycling	17 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*	18 5:40am MetCon Elements 6:00am MetCon* 9:00am Circuit Challenge 10:00am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 5:30pm Yoga 6:30pm Pilates & More	19 6:00am Group Cycling 9:00am Max Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Pilates & More	20 7:30am Group Cycling 8:30am Group Cycling 9:30am Zumba Toning®
22 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®	23 5:40am MetCon Elements 6:00am MetCon* 9:15am Group Cycling 10:00am Advanced MetCon* 10:15am Circuit Challenge 4:30pm Group Cycling 6:00pm Zumba® 7:00pm Group Cycling	24 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*	25 5:40am MetCon Elements 6:00am MetCon* 9:00am Circuit Challenge 10:00am Group Cycling 10:00am Advanced MetCon* 4:30pm Group Cycling 5:30pm Yoga 6:30pm Pilates & More	26 6:00am Group Cycling 9:00am Max Fusion 9:30am MetCon* 10:00am Advanced MetCon* 10:00am Pilates & More	27 7:30am Group Cycling 8:30am Group Cycling 9:30am Zumba®
29 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®	30 5:40am MetCon Elements 6:00am MetCon* 9:15am Group Cycling 10:00am Advanced MetCon* 10:15am Circuit Challenge 4:30pm Group Cycling 6:00pm Zumba® 7:00pm Group Cycling	31 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*	<p align="center"><u>Hours of Operation:</u> Monday - Thursday: 5:30am - 10:00pm Friday: 5:30am - 9:00pm Saturday & Sunday: 7:00am - 4:00pm</p> <p align="center"><u>*MetCon Classes:</u> Are included in Sports Performance Memberships only.</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 will include 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 cardio 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. Work with light weights, balls, bands, or even your own body weight in this challenging circuit style class.**

FOREVER YOUNG: A light aerobic workout for active adults. 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 onto the floor frequently to get the most from this class.)*

* **All Fitness Levels**

** **Intermediate and Above**

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.**

METCON ELEMENTS: This will be 15-20 minutes and held prior to 6:00am MetCon classes. It involves a dynamic warm-up and technique work on new skills.

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 progression 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.*