



MARCH 2018

West End Group Fitness Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
ST. LUKE'S FITNESS & SPORTS PERFORMANCE West End Medical Center 501 Cetronia Rd., Allentown PA (484) 426-2540 getfit.sluhn.org www.facebook.com/StLukesSHPC		HOURS OF OPERATION: Monday to Thursday 5 am—10 pm Friday 5 am—8 pm Saturday & Sunday 7 am—4 pm # - Speed and Agility for Athletes ages 14-18 Thurs 5:30pm & Sat 11:00am \$ - Classes Require Additional Fees Metabolic Classes are included in Human and Sports		1 5:45 am Body Sculpting—Sue 6:00 am Metabolic Training 8:30 am Step Aerobics— SueAnn 9:15 am Metabolic Training 9:45 am Power Yoga—Hali 4:30 pm Step Interval— SueAnn 5:30 pm Strong— Krista/Manuel 5:45 pm Stretch and Mobility 6:00 pm Metabolic Training 6:30 pm Yoga - Lindsay	2 5:45 am Cycle - Sue 5:45 am Rosie's Boot Camp \$ 9:00 am Cycle - Hali 9:15 am Rosie's Boot Camp \$ 10:00 am LeBarre—Angela 4:30 pm Cycle— Crystal 4:45 pm Boot Camp— JB 5:30 pm LeBarre - Kristy	4 8:00 am Metabolic Training 8:30 am Cycle— Morgan 9:30 am Body Sculpt— Kristy
4 8:30 am Cycle— Alex 9:30 am Cardio Sculpt —Joanie	5 5:45 am Rosie's Boot Camp \$ 6:00 am Cycle— Hali 9:00 am Pilates—Hali 10:00 am Body Sculpt—Hali 4:30 pm Pilates— Angela 5:30 pm Zumba—Krista/Manuel 5:45 pm Stretch & Mobility 6:00 pm Metabolic Training 6:30 pm Cycle—Jane	6 5:45 am Body Sculpting —Sue 6:00 am Metabolic Training 9:00 am Yoga - Ann 9:15 am Metabolic Training 9:15 am Rosie's Boot Camp \$ 4:30 pm Yoga—Tami 5:30 pm Cycle— Priscilla 6:00 pm Metabolic Training 6:30 pm Dance Fit. - Melanie 7:30 pm Yoga- Nicole	7 5:45 am Rosie's Boot Camp \$ 6:00 am Cycle— Hali 8:00 am Cycle - Alex 9:00 am Stretch and Mobility 9:00 am Pilates—Angela 9:15 am Rosie's Boot Camp \$ 10:00 am LeBarre— Angela 4:30 pm Yoga - Hali 5:30 pm Zumba—Krista/Manuel 5:45 pm Stretch and Mobility 6:00 pm Metabolic Training 6:30 pm Cycle - Morgan	8 5:45 am Body Sculpting—Sue 6:00 am Metabolic Training 8:30 am Step Aerobics— SueAnn 9:15 am Metabolic Training 9:45 am Power Yoga—Hali 4:30 pm Step Interval— SueAnn 5:30 pm Strong— Krista/Manuel 5:45 pm Stretch and Mobility 6:00 pm Metabolic Training 6:30 pm Yoga - Lindsay	9 5:45 am Cycle - Sue 5:45 am Rosie's Boot Camp \$ 9:00 am Cycle - Hali 9:15 am Rosie's Boot Camp \$ 10:00 am LeBarre - Angela 4:30 pm Cycle— Crystal 4:45 pm Boot Camp— JB 5:30 pm LeBarre—Angela	10 8:00 am Metabolic Training 8:30 am Cycle—Morgan 9:30 am Strong—Krista/Manuel
11 8:30 am Cycle—Geri 9:30 am Kickboxing— Sue	12 5:45 am Rosie's Boot Camp \$ 6:00 am Cycle— Hali 9:00 am Pilates—Hali 10:00 am Body Sculpt—Hali 4:30 pm Pilates— Angela 5:30 pm Zumba—Krista/Manuel 5:45 pm Stretch and Mobility 6:00 pm Metabolic Training 6:30 pm Cycle—Morgan	13 5:45 am Body Sculpting —Sue 6:00 am Metabolic Training 9:00 am Yoga - Ann 9:15 am Metabolic Training 9:15 am Rosie's Boot Camp \$ 4:30 pm Yoga—Tami 5:30 pm Cycle— Priscilla 6:00 pm Metabolic Training 6:30 pm Dance Fit. - Melanie 7:30 pm Yoga- Nicole	14 5:45am Rosie's Boot Camp \$ 6:00 am Cycle— Hali 8:00 am Cycle - Geri 9:00 am Stretch and Mobility 9:00 am Pilates—Angela 9:15 am Rosie's Boot Camp \$ 10:00am LeBarre—Angela 4:30 pm Yoga - Hali 5:30 pm Zumba—Krista/Manuel 5:45 pm Stretch and Mobility 6:00 pm Metabolic Training	15 5:45 am Body Sculpting—Sue 6:00 am Metabolic Training 8:30 am Step Aerobics— SueAnn 9:15 am Metabolic Training 9:45 am Power Yoga—Hali 4:30 pm Step Interval— SueAnn 5:30 pm Strong— Krista/Manuel 5:45 pm Stretch and Mobility 6:00 pm Metabolic Training 6:30 pm Yoga - Lindsay	16 5:45 am Cycle - Sue 5:45 am Rosie's Boot Camp \$ 9:00 am Cycle - Hali 9:15 am Rosie's Boot Camp \$ 10:00 am LeBarre - Angela 4:30 pm Cycle— Crystal 4:45 pm Boot Camp— JB 5:30 pm LeBarre—Kristy	17 8:00 am Metabolic Training 8:30 am Cycle—Morgan 9:30 am Body Sculpt— Kristy
18 8:30 am Cycle—Alex 9:30 am Cardio Sculpt —Joanie	19 5:45 am Rosie's Boot Camp \$ 6:00 am Cycle— Hali 9:00 am Pilates—Hali 10:00 am Body Sculpt—Hali 4:30 pm Pilates— Angela 5:30 pm Zumba—Krista/Manuel 5:45 pm Stretch and Mobility 6:00 pm Metabolic Training 6:30 pm Cycle—Morgan	20 5:45 am Body Sculpting -Sue 6:00 am Metabolic Training 9:00 am Yoga—Ann 9:15 am Metabolic Training 9:15 am Rosie's Boot Camp \$ 4:30 pm Yoga—Tami 5:30 pm Cycle— Priscilla 6:00 pm Metabolic Training 6:30 pm Dance Fit. - Melanie 7:30 pm Yoga- Nicole	21 5:45 am Rosie's Boot Camp \$ 6:00 am Cycle— Hali 8:00 am Cycle - Alex 9:00 am Stretch and Mobility 9:00 am Pilates—Angela 9:15 am Rosie's Boot Camp \$ 10:00am LeBarre- Angela 4:30 pm Yoga - Hali 5:30 pm Zumba—Krista/Manuel 5:45 pm Stretch and Mobility 6:00 pm Metabolic Training 6:30 pm Cycle —Jane	22 5:45 am Body Sculpting—Sue 6:00 am Metabolic Training 8:30 am Step Aerobics— SueAnn 9:15 am Metabolic Training 9:45 am Power Yoga—Hali 4:30 pm Step Interval— SueAnn 5:30 pm Strong— Krista/Manuel 5:45 pm Stretch and Mobility 6:00 pm Metabolic Training 6:30 pm Yoga - Lindsay	23 5:45 am Cycle - Sue 5:45 am Rosie's Boot Camp \$ 9:00 am Cycle - Hali 9:15 am Rosie's Boot Camp \$ 10:00 am LeBarre - Angela 4:30 pm Cycle— Crystal 4:45pm Boot Camp— JB 5:30 pm LeBarre—Kristy	24 8:00 am Metabolic Training 8:30 am Cycle—Morgan 9:30 am Strong—Krista/Manuel
25 8:30 am Cycle— Alex 9:30 am Kickboxing— Sue	26 5:45 am Rosie's Boot Camp \$ 6:00 am Cycle— Hali 9:00 am Pilates—Hali 10:00 am Body Sculpt—Hali 4:30 pm Pilates— Angela 5:30 pm Zumba—Krista/Manuel 5:45 pm Stretch and Mobility 6:00 pm Metabolic Training 6:30 pm Cycle—Morgan	27 5:45 am Body Sculpting -Sue 6:00 am Metabolic Training 9:00 am Yoga—Ann 9:15 am Metabolic Training 9:15 am Rosie's Boot Camp \$ 4:30 pm Yoga—Tami 5:30 pm Cycle— Priscilla 6:00 pm Metabolic Training 6:30 pm Dance Fit. - Melanie 7:30 pm Yoga—Cancelled	28 5:45 am Rosie's Boot Camp \$ 6:00 am Cycle— Hali 8:00 am Cycle - Alex 9:00 am Stretch and Mobility 9:00 am Pilates—Angela 9:00 am Rosie's Boot Camp \$ 9:15 am Rosie's Boot Camp \$ 10:00am LeBarre- Angela 4:30 pm Yoga - Hali 5:30 pm Zumba—Krista/Manuel 5:45 pm Stretch and Mobility 6:00 pm Metabolic Training 6:30 pm Cycle —Jane	29 5:45 am Body Sculpting—Sue 6:00 am Metabolic Training 8:30 am Step Aerobics— SueAnn 9:15 am Metabolic Training 9:45 am Power Yoga—Hali 4:30 pm Step Interval— SueAnn 5:30 pm Strong— Krista/Manuel 5:45 pm Stretch and Mobility 6:00 pm Metabolic Training 6:30 pm Yoga - Lindsay	30 5:45 am Cycle - Sue 5:45 am Rosie's Boot Camp \$ 9:00 am Cycle - Hali 9:15 am Rosie's Boot Camp \$ 10:00 am LeBarre - Angela 4:30 pm Cycle— Crystal 4:45pm Boot Camp— JB 5:30 pm LeBarre— Angela	31 8:00 am Metabolic Training 8:30 am Cycle—Morgan 9:30 am Strong—Krista/Manuel

CLASS DESCRIPTIONS

PILATES An exercise class which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement.

BARRE This class is a challenging full body workout designed to sculpt long lean muscles, lift your seat, improve your posture and balance while getting your heart rate up by combining barre work and dynamic standing Pilates based movements. Bonus abdominal exercises at the end of each class. Barefoot or barre socks are recommended.

METABOLIC TRAINING combines higher intensity strength and metabolic intervals with cardiovascular training to produce maximum gains in muscle development, strength, and cardiovascular improvement. Program format is designed to provide the supreme improvements in body composition and fitness. Class pace is primarily fast, but suitable to the fitness level for each participant. Safety is a priority – therefore posture, proper form, technique, are regularly stressed and reinforced throughout the class though the tempo is quick. **Metabolic training is included in Sports Performance Membership only. \$10 Drop In for all other members & guests. Class Meets in Sports Performance.**

ROSIE'S BOOT CAMP This fun and exciting form of exercise mixes strength, cardio, balance/core all in one - and it is a major calorie burner. Participants will incorporate interval training that includes jumping, running, pulling, pushing, lifting and much more. Modifications are shown for all levels. **\$10 per class, Meets in Sports Performance when weather conditions do not permit outside workouts. Visit RosiesBootCamp.com to sign up and for details.**

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, meringue, cumbia, and reggaeton.

STRONG BY ZUMBA Stop counting the reps. Start training to the beat. STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by music, helping you make it to the last rep, and maybe even 5 more.

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.

CYCLE 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!

BODY SCULPTING A one-hour cardiovascular strength-training class designed to make you lean and defined providing a results-oriented whole body workout. Build and sculpt muscles, strengthen your core, improve your strength and flexibility while burning fat and calories. You will gain strength, balance, flexibility and endurance while focusing on total body health. Also helps to prevent the development of osteoporosis while firing up your metabolism, helping you to lose weight and inches.

POWER YOGA A stronger and faster paced class designed to focus on the breath and its relationship to the pose. This class has its roots in Iyengar and Ashtanga so it not only focuses on your alignment, but also the fluidity from one pose to the next. Power Yoga was rated #1 for weight loss out of all other forms of yoga. This practice is a total body workout that creates longer, leaner muscles and a body with more mobility to improve circulation. This class is a great class to clear out all the static in both the body and mind to prepare you for meditation.

KICKBOXING A cardiovascular workout consisting of jabs, hooks, uppercuts and kicks designed to get you on your way to a leaner body and a healthier state of mind. No equipment is used and gloves are not required. Most suitable to participants of medium to high fitness levels, but newcomers are always welcome – just let your kickboxing class instructor know.

STEP AEROBICS Tone up your legs and booty by moving up, over and around the *step*. Developed as a way to get a high intensity, yet low impact workout – this *class* will improve your coordination by learning choreographed routines that make the hour fly by!

SPEED AND AGILITY These classes are specially designed to increase athletic speed, agility and quickness and are open to all Sports Performance Members ages 14 - 18. Class Meets on the Sports Performance Turf.

STRETCH AND MOBILITY These 15 minute sessions are geared toward injury prevention through increasing flexibility and mobility. Sessions will rotate weekly between dynamic stretching, foam rolling and static stretching. Class meets on the Sports Performance Turf.

Follow us on Facebook for class changes & updates!
[Facebook.com/StLukesSHPC](https://www.facebook.com/StLukesSHPC)