



Group Fitness Schedule

Healthy You Fitness Center - Cedar Crest				
Monday	Tuesday	Wednesday	Thursday	Friday
	5:30-6:30 AM FITT Aerobics		5:30-6:30 AM Body Balance	
	9:15-10:15 AM Low Impact Aerobics		9:15-10:15 AM FITT Aerobics	
		4:30-5:30 PM Strength		
5:00-6:00 PM Yoga				
	5:30-6:30 PM Kickboxing			
Healthy You Fitness Center - Muhlenberg				
Monday	Tuesday	Wednesday	Thursday	Friday
4:30-5:15 PM FITT Aerobics	4:30-5:15 PM FITT Aerobics		4:30-5:15 PM FITT Aerobics	
5:15-5:30 PM ABS	5:15-5:30 PM ABS		5:15-5:30 PM ABS	

Group Fitness Class Descriptions

Body Balance is a class that emphasizes the development of core strength and stability through a progressive series of body weighted Pilates-like exercises. A heightened sense of well being and improved body mechanics can be achieved through this energizing series of movements and postures that teaches awareness of breath and alignment of the spine along with the development of the deep torso muscles.

FITT Aerobics is a combination fitness training class that incorporates a choreographed cardiovascular component, moderate resistance training and flexibility exercises that may include Pilates or other stabilization activities.

Kickboxing combines martial arts and traditional boxing movements that provide a high intensity cardiovascular training experience.

Low Impact Aerobics is a general fitness training class that is designed to meet the needs of all fitness levels. It combines a fun choreographed dance exercise component, mild resistance training and gentle flexibility exercises that may include Pilates or other stabilization activities.

Strength is a class that incorporates low to moderate resistance with high volume (sets and repetitions) and minimal rest - to produce high gains in muscular endurance and moderate gains in strength.

Yoga is a fitness-based approach to yoga with an emphasis on strength and flexibility. A heightened sense of well being and improved flexibility, posture, and body mechanics can be achieved through this energizing series of movements, poses, and postures that teaches relaxation, awareness of breath and alignment of the spine along with the development of the deep torso muscles.

Please contact your Physician prior to participation in an exercise program. All participants are required to complete a Participant Exercise Readiness Questionnaire and members must have a Fitness Assessment annually. If you require specific instructions for modifying exercises, please meet with a member of our exercise staff.