



September 2026 Group Fitness Schedule

Club Phone #: 610-399-3800 Revised 08/27/2026

CLASS	TIME	INSTRUCTOR	LEVEL	LOCATION
MONDAY				
FULL BODY FUSION	9:15 – 10:15 am	DEBBIE/NICOLE	2/3	GROUP FITNESS ROOM
YOGA/STRETCH	10:30 – 11:30 am	INGRID	1	GROUP FITNESS ROOM
CARDIO SCULPT	5:45 – 6:45 pm	DEE	2/3	GROUP FITNESS ROOM
TUESDAY				
CYCLE 45	7:00 - 7:45 am	DEE	2/3	GROUP FITNESS ROOM
STEP & CORE	9:00 - 10:15 am	CRISTY	2/3	GROUP FITNESS ROOM
PILATES	5:00 – 5:55 pm	INGRID	1	GROUP FITNESS ROOM
DANCE THERAPY NEW!	6:00 – 6:45 pm	INGRID	1	GROUP FITNESS ROOM
WEDNESDAY				
CARDIO SCULPT	9:15 – 10:15 am	MICHELLE	2/3	GROUP FITNESS ROOM
STRENGTH, BALANCE & CORE	10:30 – 11:30 am	DEE	1/2	GROUP FITNESS ROOM
TOTAL BODY STRENGTH	5:45 – 6:45 pm	DEE	2/3	GROUP FITNESS ROOM
THURSDAY				
STEP, STRENGTH & CORE	9:00 – 10:15 am	CRISTY	2/3	GROUP FITNESS ROOM
BALLET BARRE	5:00 – 6:00 pm	INGRID	1/2	BARRE STUDIO
ZUMBA	6:30 – 7:30 pm	KELLY	2/3	GROUP FITNESS ROOM
FRIDAY				
CYCLE 45 *Begins 9/11	7:00 – 7:45 am	DEE	2/3	GROUP FITNESS ROOM
TOTAL BODY CONDITIONING	9:00 – 9:55 am	JESSICA	2/3	GROUP FITNESS ROOM
LITE CARDIO & STRENGTH *Begins 9/11	10:00 – 10:55 pm	DEE	2	GROUP FITNESS ROOM
YOGA/STRETCH	11:00 – 12:00 pm	INGRID	1	GROUP FITNESS ROOM
SATURDAY				
TOTAL BODY WORKOUT	8:30 - 9:25 am	LINDA J	1/2	GROUP FITNESS ROOM
CARDIO STEP	9:30 – 10:25 am	LINDA J	3	GROUP FITNESS ROOM
ZUMBA	10:30 – 11:30 am	KELLY/MEGAN	2/3	GROUP FITNESS ROOM
SUNDAY				
PILATES	9:00 - 9:55 am	LINDA J	1/2	GROUP FITNESS ROOM
INTERVAL STEP	10:00 – 11:00 am	LINDA J	2	GROUP FITNESS ROOM