



November 2023 Group Fitness Schedule

Club Phone #: 610-399-3800 Revised 11/7/2023

Look for a flyer & email for Thanksgiving weekend schedule.

CLASS	TIME	INSTRUCTOR	LEVEL	LOCATION
MONDAY				
TABATA & CORE no class 11/13	9:15 – 10:15 am	DEE/LINDA H	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	3	GROUP FITNESS ROOM
TUESDAY				
CYCLE 45	7:00 - 7:45 am	DEE	2/3	GROUP FITNESS ROOM
STEP	9:00 - 10:00 am	CRISTY	2	GROUP FITNESS ROOM
BALLETONE PILATES	10:15 - 11:15 am	CRISTY	1/2	GROUP FITNESS ROOM
PILATES	4:30 – 5:30 pm	INGRID	1	GROUP FITNESS ROOM
WEDNESDAY				
CARDIO, CORE AND MORE	9:15 - 10:15 am	DEE	2/3	GROUP FITNESS ROOM
TOTAL BODY CONDITIONING	5:45 – 6:45 pm	DEE	2/3	GROUP FITNESS ROOM
THURSDAY				
STEP & STRENGTH	9:00 – 10:00 am	CRISTY	2	GROUP FITNESS ROOM
EXPRESS PILATES	10:15 – 10:45 am	CRISTY	2	GROUP FITNESS ROOM
ZUMBA	6:30 – 7:30 pm	KELLY	2/3	GROUP FITNESS ROOM
FRIDAY				
CYCLE	7:00 – 7:45 am	JAY	2/3	GROUP FITNESS ROOM
TOTAL BODY CONDITIONING	9:00 – 9:55 am	JESSICA	2/3	GROUP FITNESS ROOM
LITE CARDIO & STRENGTH	10:00 – 10:55 am	DEE	1/2	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	2/3	GROUP FITNESS ROOM
CARDIO STEP	9:30 – 10:30 am	LINDA J	2/3	GROUP FITNESS ROOM
ZUMBA	10:30 – 11:30 am	KELLY	2/3	GROUP FITNESS ROOM
SUNDAY				
PILATES	9:00 - 9:55 am	LINDA J	2/3	GROUP FITNESS ROOM
INTERVAL STEP	10:00 – 11:00 am	LINDA J	2/3	GROUP FITNESS ROOM