



HEALTHPLEX®
SPORTS CLUB

Group Fitness Schedule

SEPTEMBER 2019

Healthplex Group Fitness Director:
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Group Fitness Substitution &
Cancellation Hotline: **610.938.2557**

Healthplex Main Number:
610.328.8888
Website: www.healthplex.net

MONDAY

Time	Class	Location
6:00 am	Cycling 45 (Guy)	Cycling Studio
6:00 am	Chiseled 30 (Brittany)	Studio 1
8:30 am	Lean Barre (Lisa)	The Barre
8:30 am	Strength For Life (Jess) ★	Studio 1
8:45 am (NEW)	BeatBoss Cycle30 (Danielle)	Cycling Studio
9:30 am	Yin Vin Yoga 75 (Janice)	Mind/Body
9:30 am	Balance For Life45 (Jessica F.) ★	Basketball Court
9:30 am	Women's Extreme 45 (Danielle)	SGT Studio
9:30 am	BodyPump (Lisa)	Studio 1
9:30 am	Cycling 45 (Erin)	Cycling Studio
9:30 am	Express Barre 30 (Barb)	The Barre
10:00 am	All Core 30 (Barb)	The Barre
10:30 am	Flex Barre 45 (Barb)	The Barre
11:30 am (NEW)	Red Hot Dance (Pam)	Studio 1
12:00 pm	Cycling 45 (Trina)	Cycling Studio
4:30 pm (NEW)	BeatBoss Cycle45 (Danielle)	Cycling Studio
5:00 pm	Yin Yoga 75 (Curt)	Mind/Body
5:30 pm	HPX Cycling 45 (Fred)	Cycling Studio
5:30 pm	Cardio Blast (Judi)	Studio 1
5:45 pm	All Core 30 (Rob)	SGT Studio
6:30 pm	BodyPump (Judi)	Studio 1
6:30 pm	Cycling 45 (Rob)	Cycling Studio
6:30 pm	Lean Barre (Donna)	The Barre
6:30 pm (NEW)	BodyFlow (Annie)	Mind/Body
7:00 pm (NEW)	Zumba (Ivori)	SGT Studio
7:30 pm	Yoga Essentials 75 (Ruth Anne) ★	Mind/Body

TUESDAY

Time	Class	Location
6:00 am	BodyPump (Tim)	Studio 1
6:00 am	Cycling 45 (Trina)	Cycling Studio
8:00 am (NEW)	Foam Roller Release 45 (Maria)	Mind/Body
8:30 am	Power Ball 45 (Melissa)	SGT Studio
8:30 am	BodyPump (Tina)	Studio 1
9:00 am	Pilates Power Play (Robyn)	The Barre
9:00 am	Meditation For Life 30 (Krista)	Mind/Body
9:15 am	Cycling Circuit (Janine)	Cycling Studio
9:30 am	HPX 45 (Jessica R.)	Studio 1
9:30 am	Tai Chi For Life 75 (Curt) ★	Mind/Body
9:45 am	Walk For Life 45 (Jessica F.) ★	Basketball Court
10:00 am	Barre Classic (Barb) ★	The Barre
11:00 am	Yoga Essentials 75 (Ruth Anne)	Mind/Body
12:30 pm	Yoga For Life (Ruth Anne) ★	Mind/Body
4:30 pm	Lean Barre 45 (Barb)	The Barre
5:30 pm	Cycling 45 (Adriana V.)	Cycling Studio
5:30 pm	TRX + (Carley)	SGT Studio
6:30 pm (NEW)	BodyPump (Carley)	Studio 1
6:30 pm	Lean Barre (Jessica R.)	The Barre
6:30 pm	Cycling 45 (Jim)	Cycling Studio
7:30 pm	Yoga Essentials 75 (Leslie) ★	Mind/Body

WEDNESDAY

Time	Class	Location
6:00 am	Kettlebell FIT (Tim)	Studio 1
6:00 am	Power Yoga (Olga)	Mind/Body
6:00 am	Cycling 45 (Anna)	Cycling Studio
8:30 am	Pilates & Flex (Barb)	The Barre
8:30 am	Strength For Life (Jess) ★	Studio 1
9:00 am	H.I.I.T. Circuit (Stacey)	Basketball Court
9:30 am	BodyPump (Tina)	Studio 1
9:30 am	All Levels Vinyasa (Robyn)	Mind/Body
9:30 am	HPX Cycling 45 (Mindy)	Cycling Studio
9:30 am	Barre Classic (Barb)	The Barre
10:15 am (NEW)	Kick-Box 45 (Stacey)	SGT Studio
10:30 am	Stretch For Life 30 (Barb)	The Barre
10:45 am	BodyFlow (Lisa)	Mind/Body
12:00 pm	Gentle Yoga (Kathy) ★	Mind/Body
12:00 pm	Cycling 45 (Lisa)	Cycling Studio
4:30 pm	Cycling 45 (Marilyn B.)	Cycling Studio
5:00 pm	BodyPump (Amanda L.)	Studio 1
5:30 pm	Cycling 45 (Caitlin)	Cycling Studio
6:00 pm (NEW)	Chiseled (Jessica R.)	Studio 1
6:30 pm	BodyFlow (Adriana B.)	Mind/Body
7:00 pm	Zumba (Ivori)	SGT Studio

* All classes are 55 minutes
unless otherwise noted.



Group Fitness Schedule

SEPTEMBER 2019

THURSDAY

Time	Class	Location
6:00 am	Cycling 45 (Guy) ↗	Cycling Studio
8:30 am	Lean Barre (Debi)	The Barre
8:30 am	Walk For Life 45 (Jessica F.) ★	Basketball Court
8:30 am	TRX (Melissa) ↗	SGT Studio
8:45 am	Qigong For Life (Curt) ★	Mind/Body
9:00 am	BodyPump (Lisa)	Studio 1
9:30 am	HPX 45 (Stacey)	Basketball Court
9:30 am	Express Barre 30 (Tina)	The Barre
9:30 am	Cycling Circuit (Erin) ↗	Cycling Studio
10:00 am	Zumba (Michael) ★	Studio 1
10:00 am	Classic Pilates Mat (Lisa)	Mind/Body
10:00 am	Flex Barre 45 (Barb)	The Barre
4:30 pm	BodyPump (Carley)	Studio 1
5:30 pm	TRX (Kelly) ↗	SGT Studio
5:30 pm (NEW)	STRONG 45 (Ivori) ↗	Studio 1
6:00 pm	Cycling 45 (Lindsay) ↗	Cycling Studio
6:30 pm	Align to Refine Yoga 75 (Jane)	Mind/Body
6:30 pm	Lean Barre 45 (Adria)	The Barre

LOCATION

- Studio 1 – (2nd floor)
- Cycling Studio – (2nd floor)
- Small Group Training Studio – (2nd floor)
- Mind/Body Studio – (Ground floor)
- The Barre – (Ground floor)
- Fitness Floor – (2nd floor)
- Basketball Court – (1st floor)
- Reformer Studio – (1st floor)

FRIDAY

Time	Class	Location
6:00 am	Vinyasa Yoga (Ibrahim)	Mind/Body
6:00 am	BodyPump (Tim)	Studio 1
6:00 am	Cycling 45 (Rob) ↗	Cycling Studio
8:30 am	Strength For Life (Jess) ★	Studio 1
8:30 am	Lean Barre (Barb)	The Barre
8:45 am	Cycling 30 (Melissa) ↗	Cycling Studio
9:30 am	Stretch For Life 45 (Barb) ★	Barre Studio
9:30 am	Zumba (Michael)	SGT Studio
9:30 am	BodyFlow (Lisa)	Mind/Body
9:30 am	Cycling 45 (Trina) ↗	Cycling Studio
9:30 am	Body Shred 30 (Melissa)	Studio 1
10:30 am	BodyPump (Lisa)	Studio 1
10:30 am	Dance For Life 45 (Nicole) ★	SGT Studio
10:45 am	Function For Life (Maria) ★	Basketball Court
10:45 am	Yin/Vin Yoga 90 (Janice)	Mind/Body
4:30 pm	BodyPump (Carley)	Studio 1
5:30 pm	Cycling 45 (Adriana V.) ↗	Cycling Studio

CLASS KEY

	Cardio Classes
	Cycling Classes
	Strength Conditioning Classes
	Mind/Body Classes
	Barre Classes
	Dance Fitness Classes
	Fit For Life Classes
	Sign-up required at Service Desk
	Nominal fee to participate
	New Participant Friendly

SATURDAY

Time	Class	Location
7:30 am (NEW)	Cycling 45 (Jim) ↗	Cycling Studio
8:15 am	Power Yoga 75 (Curt)	Mind/Body
8:30 am (NEW)	Red Hot Dance (Pam)	Studio 1
8:30 am	Lean Barre (Debi)	The Barre
8:30 am	Cycling 50 (Brittany) ↗	Cycling Studio
9:30 am	All Core 30 (Brittany)	SGT Studio
9:30 am	Cardio Blast (Judi)	Studio 1
9:30 am	Extreme Barre (Debi)	The Barre
9:45 am	Cycling 45 (Kelly) ↗	Cycling Studio
10:00 am	Chiseled 30 (Brittany)	SGT Studio
10:30 am	Vinyasa Yoga (Kathy)	Mind/Body
10:30 am	BodyPump (Judi)	Studio 1
10:30 am	TRX Fusion (Liz) ↗	SGT Studio
11:30 am (NEW)	Zumba (Ivori)	Studio 1

SUNDAY

Time	Class	Location
8:30 am (NEW)	Power Yoga (Olga)	Mind/Body
8:30 am	Cycling Plus (Mitch) ↗	Cycling Studio
9:30 am	Lean Barre (Stacey)	The Barre
9:45 am	Yoga Essentials 90 (Ruth Anne) ★	Mind/Body
9:45 am	HPX Cycling 45 (Mitch) ↗	Cycling Studio
10:30 am	Xtreme Barre (Stacey)	The Barre
10:45 am	BodyPump (Adria)	Studio 1
12:00 pm	Zumba (Michael)	Studio 1
4:00 pm	Align to Refine Yoga 75 (Jane)	Mind/Body

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