



February 2025 Group Fitness Schedule

Club Phone #: 610-399-3800 Revised 2/5/2025

| CLASS | TIME | INSTRUCTOR | LEVEL | LOCATION |
|-------------------------|------------------|------------|-------|--------------------|
| MONDAY | | | | |
| TABATA & CORE | 9:15 – 10:15 am | LINDA | 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 EXPRESS | 10:15 - 10:45 am | CRISTY | 1/2 | GROUP FITNESS ROOM |
| PILATES | 5:00 – 6:00 pm | INGRID | 1/2 | GROUP FITNESS ROOM |
| WEDNESDAY | | | | |
| CARDIO, CORE AND MORE | 9:15 - 10:15 am | LINDA | 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 |
| BALLET BARRE | 5:00 – 6:00 pm | INGRID | 2 | BARRE STUDIO |
| ZUMBA | 6:30 – 7:30 pm | KELLY | 2/3 | GROUP FITNESS ROOM |
| FRIDAY | | | | |
| CYCLE | 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 | 10:00 – 10:55 AM | DEE | 1/2 | GROUP FITNESS ROOM |
| YOGA/STRETCH | 11:00 – 12:00 PM | INGRID | 1 | GROUP FITNESS ROOM |
| SATURDAY | | | | |
| PILATES FUSION | 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 |