

**ST. LUKE'S HEALTH AND FITNESS CENTER- COMMERCE WAY**

**PHONE: 484-526-3177**

**GROUP FITNESS CLASS DESCRIPTIONS**

**AEROBIC FUSION:** This unique class combines the essentials of fitness through a blend of low impact floor aerobics, cardio-box elements, muscle conditioning activities, and will feature a “dance of the week” segment. \*

**CARDIO-BOX:** An intense, energized workout using different punching/kicking patterns set to music. Take the stress of everyday life out in this hard-hitting and motivating class! \*

**CORE, CUTS AND CARDIO:** This class is full of variety! Each class starts with 15 minutes of abs, then a cardio segment, followed by Pilates and yoga to increase strength and flexibility. Every week will be a little different! \*

**FOREVER YOUNG:** A light aerobic workout for active adults. Intended to improve balance, flexibility, and coordination. \*

**JUST ABS:** Fifteen minutes devoted to strengthening and developing your abdominal muscles- feel the burn! \*

**PILATES:** This Stott Pilates mat-work class is designed as a progressive two-month series incorporating bands and stability balls. Develops core strength, improves posture, coordination, balance, overall strength, and flexibility. Exercises can be modified for all fitness levels. (Please see Instructor prior to beginning classes) \*

**SPINNING:** Enjoy a fun and invigorating workout put to music. Designed to simulate outdoor cycling on a stationary cycle. Take pleasure in the benefits of a group training ride without the fear of keeping up! \*\*

**STEP/CARDIO/FLETCHER PILATES:** Half the class time is high/low impact aerobics using choreographed patterns on the step; the other half is Fletcher Pilates focusing on deep breathing and relaxation techniques. (Experience not necessary) \*

**YOGA:** A relaxing and refreshing addition to your week. This class emphasizes the harmonious balance between mind and body. Various poses will be utilized to improve postural alignment, body strength, and flexibility. All fitness levels are welcome. (Registration and extra fee required) \*

**ZUMBA:** Have fun dancing to this unique blend of Latin rhythms while receiving the body shaping benefits of a dynamic workout. Experience the dance styles of the salsa, merengue, cumbia, and reggaeton. \*

\* ALL FITNESS LEVELS

\*\* INTERMEDIATE AND ABOVE