

FEBRUARY 2025

Group Exercise Schedule



Sun Mon Tue Wed Thu Fri Sat

ST. LUKE'S JIM THORPE FITNESS & SPORTS PERFORMANCE CENTER

693 STATE Rd 903 JIM THORPE, PA 18229 | (570)-645-1883

Monday through Friday 5 am—8 pm

Saturday 7am—1pm Sunday 9am—1pm

**PLEASE CHECK
FACEBOOK FOR
ANY CLASS
UPDATES OR
CANCELLATIONS**

1
HIIT 9:00 AM
CIRCUIT 10:30 AM
FLEXIBILITY
10:30 AM

2
3
HIIT 9:00 AM
SCULPT 10:00 AM
RESTORATIVE FLOW
11:00 AM
CIRCUIT 12:00 PM
KICKBOXING 4:00 PM
DANCE FITNESS 2:00 PM

4
GLUTES & CORE
10:30 AM
METCON 5:30 PM
CIRCUIT 5:15 PM
SCULPT 6:15 PM
SPIN 7:15 PM

5
HIIT 9:00 AM
SCULPT 10:00 AM
MASH 10:30 AM
CHAIR MOBILITY
1:00 PM
KICKBOXING
4:00 PM
FLEXIBILITY 6:00 PM

6
GLUTES & CORE
10:30 AM
METCON 5:30 PM

7
CIRCUIT 9:00 AM
SCULPT 10:30 AM
METCON 4:00 PM
FLEXIBILITY
6:00 PM

8
HIIT 9:00 AM
CIRCUIT 10:30 AM
FLEXIBILITY
10:30 AM

9
RESTORATIVE
FLOW 10:00 AM
DANCE FITNESS
11:00 AM

10
HIIT 9:00 AM
SCULPT 10:00 AM
RESTORATIVE FLOW
11:00 AM
CIRCUIT 12:00 PM
KICKBOXING 4:00 PM
DANCE FITNESS 2:00 PM

11
GLUTES & CORE
10:30 AM
METCON 5:30 PM
CIRCUIT 5:15 PM
SCULPT 6:15 PM
SPIN 7:15 PM

12
HIIT 9:00 AM
SCULPT 10:00 AM
MASH 10:30 AM
CHAIR MOBILITY
1:00 PM
KICKBOXING
4:00 PM
FLEXIBILITY 6:00 PM

13
GLUTES & CORE
10:30 AM
METCON 5:30 PM

14
CIRCUIT 9:00 AM
SCULPT 10:30 AM
METCON 4:00 PM
FLEXIBILITY
6:00 PM

15
HIIT 9:00 AM
CIRCUIT 10:30 AM
FLEXIBILITY
10:30 AM

16
17
HIIT 9:00 AM
SCULPT 10:00 AM
RESTORATIVE FLOW
11:00 AM
CIRCUIT 12:00 PM
KICKBOXING 4:00 PM
DANCE FITNESS 2:00 PM

18
GLUTES & CORE
10:30 AM
METCON 5:30 PM
CIRCUIT 5:30 PM
SCULPT 6:30 PM
SPIN 7:00 PM

19
HIIT 9:00 AM
SCULPT 10:00 AM
MASH 10:30 AM
CHAIR MOBILITY
1:00 PM
KICKBOXING
4:00 PM
FLEXIBILITY 6:00 PM

20
GLUTES & CORE
10:30 AM
METCON 5:30 PM

21
CIRCUIT 9:00 AM
SCULPT 10:30 AM
METCON 4:00 PM
FLEXIBILITY
6:00 PM

22
HIIT 9:00 AM
CIRCUIT 10:30 AM
FLEXIBILITY
10:30 AM

23
RESTORATIVE
FLOW 10:00 AM
DANCE FITNESS
11:00 AM

24
HIIT 9:00 AM
SCULPT 10:00 AM
RESTORATIVE FLOW
11:00 AM
CIRCUIT 12:00 PM
KICKBOXING 4:00 PM
DANCE FITNESS 2:00 PM

25
GLUTES & CORE
10:30 AM
METCON 5:30 PM
CIRCUIT 5:30 PM
SCULPT 6:30 PM
SPIN 7:00 PM

26
HIIT 9:00 AM
SCULPT 10:00 AM
MASH 10:30 AM
CHAIR MOBILITY
1:00 PM
KICKBOXING
4:00 PM
FLEXIBILITY 6:00 PM

27
GLUTES & CORE
10:30 AM
METCON 5:30 PM

28
CIRCUIT 9:00 AM
SCULPT 10:30 AM
METCON 4:00 PM
FLEXIBILITY
6:00 PM

KEY:

CHAIR MOBILITY - SEATED STRETCHING AND MOBILITY WORK (LOW INTENSITY)

CIRCUIT - CIRCUITED FULL-BODY WEIGHT TRAINING AND CARDIO (MODERATE - HIGH INTENSITY)

DANCE FITNESS - DANCE AEROBICS (MODERATE - HIGH INTENSITY)

FLEXIBILITY - STATIC AND DYNAMIC STRETCHING AND MOBILITY WORK (LOW INTENSITY)

GLUTES & CORE - LOWER BODY CIRCUIT (MODERATE INTENSITY)

HIIT - HIGH INTENSITY INTERVAL TRAINING

KICKBOXING - AEROBIC AIR KICKBOXING (HIGH INTENSITY)

MASH - UPPER BODY WEIGHT LIFTING (MODERATE INTENSITY)

METCON - METABOLIC CONDITIONING (HIGH INTENSITY)

SCULPT - FULL-BODY WEIGHT LIFTING (MODERATE INTENSITY)

SPIN - DYNAMIC CYCLING CLASS (MODERATE - HIGH INTENSITY)

RESTORATIVE FLOW - STRETCH, BALANCE, AND MOBILITY (LOW INTENSITY)