

# APRIL 2026

## 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

<p><b>PLEASE CHECK FACEBOOK FOR ANY CLASS UPDATES OR CANCELLATIONS</b></p>			<p>1 <b>SCULPT 9:30 AM</b> <b>MASH 10:30 AM</b> <b>CHAIR MOBILITY 1:00 PM</b> <b>KICKBOXING 430 PM</b> <b>FLEXIBILITY 6:00 PM</b></p>	<p>2 <b>GLUTES &amp; CORE 8:30 AM</b> <b>DANCE FITNESS 9:30AM</b> <b>GLUTES &amp; CORE 10:30 AM</b> <b>CYCLE 4:30PM</b> <b>METCON 5:30 PM</b></p>	<p>3 <b>SCULPT 9:30 AM</b> <b>CYCLE 10:30 AM</b> <b>CHAIR MOBILITY 1:00 PM</b></p>	<p>4 <b>CIRCUIT 9:00 AM</b> <b>FLEXIBILITY 10:30 AM</b></p>
<p>5</p>	<p>6 <b>SCULPT 9:30 AM</b> <b>CYCLE 10:30 AM</b> <b>KICKBOXING 4:30 PM</b></p>	<p>7 <b>GLUTES &amp; CORE 8:30 AM</b> <b>DANCE FITNESS 9:30AM</b> <b>GLUTES &amp; CORE 10:30 AM</b> <b>CYCLE 4:30PM</b> <b>METCON 5:30 PM</b></p>	<p>8 <b>SCULPT 9:30 AM</b> <b>MASH 10:30 AM</b> <b>CHAIR MOBILITY 1:00 PM</b> <b>KICKBOXING 430 PM</b> <b>FLEXIBILITY 6:00 PM</b></p>	<p>9 <b>GLUTES &amp; CORE 8:30 AM</b> <b>DANCE FITNESS 9:30AM</b> <b>GLUTES &amp; CORE 10:30 AM</b> <b>CYCLE 4:30PM</b> <b>METCON 5:30 PM</b></p>	<p>10 <b>SCULPT 9:30 AM</b> <b>CYCLE 10:30 AM</b> <b>CHAIR MOBILITY 1:00 PM</b></p>	<p>11 <b>CIRCUIT 9:00 AM</b> <b>FLEXIBILITY 10:30 AM</b></p>
<p>12</p>	<p>13 <b>SCULPT 9:30 AM</b> <b>CYCLE 10:30 AM</b> <b>KICKBOXING 4:30 PM</b></p>	<p>14 <b>GLUTES &amp; CORE 8:30 AM</b> <b>DANCE FITNESS 9:30AM</b> <b>GLUTES &amp; CORE 10:30 AM</b> <b>CYCLE 4:30PM</b> <b>METCON 5:30 PM</b></p>	<p>15 <b>SCULPT 9:30 AM</b> <b>MASH 10:30 AM</b> <b>CHAIR MOBILITY 1:00 PM</b> <b>KICKBOXING 430 PM</b> <b>FLEXIBILITY 6:00 PM</b></p>	<p>16 <b>GLUTES &amp; CORE 8:30 AM</b> <b>DANCE FITNESS 9:30AM</b> <b>GLUTES &amp; CORE 10:30 AM</b> <b>CYCLE 4:30PM</b> <b>METCON 5:30 PM</b></p>	<p>17 <b>SCULPT 9:30 AM</b> <b>CYCLE 10:30 AM</b> <b>CHAIR MOBILITY 1:00 PM</b></p>	<p>18 <b>CIRCUIT 9:00 AM</b> <b>FLEXIBILITY 10:30 AM</b></p>
<p>19</p>	<p>20 <b>SCULPT 9:30 AM</b> <b>CYCLE 10:30 AM</b> <b>KICKBOXING 4:30 PM</b></p>	<p>21 <b>GLUTES &amp; CORE 8:30 AM</b> <b>DANCE FITNESS 9:30AM</b> <b>GLUTES &amp; CORE 10:30 AM</b> <b>CYCLE 4:30PM</b> <b>METCON 5:30 PM</b></p>	<p>22 <b>SCULPT 9:30 AM</b> <b>MASH 10:30 AM</b> <b>CHAIR MOBILITY 1:00 PM</b> <b>KICKBOXING 430 PM</b> <b>FLEXIBILITY 6:00 PM</b></p>	<p>23 <b>GLUTES &amp; CORE 8:30 AM</b> <b>DANCE FITNESS 9:30AM</b> <b>GLUTES &amp; CORE 10:30 AM</b> <b>CYCLE 4:30PM</b> <b>METCON 5:30 PM</b></p>	<p>24 <b>SCULPT 9:30 AM</b> <b>CHAIR MOBILITY 1:00 PM</b></p>	<p>25 <b>CIRCUIT 9:00 AM</b> <b>FLEXIBILITY 10:30 AM</b></p>
<p>26</p>	<p>27 <b>SCULPT 9:30 AM</b> <b>CYCLE 10:30 AM</b> <b>KICKBOXING 4:30 PM</b></p>	<p>28 <b>GLUTES &amp; CORE 8:30 AM</b> <b>DANCE FITNESS 9:30AM</b> <b>GLUTES &amp; CORE 10:30 AM</b> <b>CYCLE 4:30PM</b> <b>METCON 5:30 PM</b></p>	<p>29 <b>SCULPT 9:30 AM</b> <b>MASH 10:30 AM</b> <b>CHAIR MOBILITY 1:00 PM</b> <b>KICKBOXING 430 PM</b> <b>FLEXIBILITY 6:00 PM</b></p>	<p>30 <b>GLUTES &amp; CORE 8:30 AM</b> <b>DANCE FITNESS 9:30AM</b> <b>GLUTES &amp; CORE 10:30 AM</b> <b>CYCLE 4:30PM</b> <b>METCON 5:30 PM</b></p>		

***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)**

**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)**

**CYCLE - DYNAMIC CYCLING CLASS (MODERATE - HIGH INTENSITY)**