



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						
	1 SCULPT 9:30 AM CYCLE 10:30 AM SCULPT 11:15 AM KICKBOXING 4:30	2 GLUTES & CORE 8:30 AM DANCE FITNESS 9:30 AM GLUTES & CORE 10:30 AM CYCLE 4:30 PM METCON 5:30 PM	3 SCULPT 9:30 AM MASH 10:30 AM SCULPT 11:30 AM CHAIR MOBILITY 1 PM KICKBOXING 4:30 PM FLEXIBILITY 6 PM	4 GLUTES & CORE 8:30 AM DANCE FITNESS 9:30 AM GLUTES & CORE 10:30 AM CYCLE 4:30 PM METCON 5:30 PM	5 SCULPT 9:30 AM CYCLE 10:30 AM SCULPT 11:15 AM CHAIR MOBILITY 1 PM METCON 5:30 PM	6 CIRCUIT 9:00 AM FLEXIBILITY 10:30 AM
7	8 SCULPT 9:30 AM CYCLE 10:30 AM SCULPT 11:15 AM KICKBOXING 4:30 PM	9 GLUTES & CORE 8:30 AM DANCE FITNESS 9:30 AM GLUTES & CORE 10:30 AM CYCLE 4:30 PM METCON 5:30 PM	10 SCULPT 9:30 AM MASH 10:30 AM SCULPT 11:30 AM CHAIR MOBILITY 1 PM KICKBOXING 4:30 PM FLEXIBILITY 6 PM	11 GLUTES & CORE 8:30 AM DANCE FITNESS 9:30 AM GLUTES & CORE 10:30 AM CYCLE 4:30 PM METCON 5:30 PM	12 SCULPT 9:30 AM SCULPT 11:15 AM CHAIR MOBILITY 1 PM	13 CIRCUIT 9:00 AM FLEXIBILITY 10:30 AM
14	15 SCULPT 9:30 AM CYCLE 10:30 AM SCULPT 11:15 AM KICKBOXING 4:30 PM	16 GLUTES & CORE 8:30 AM DANCE FITNESS 9:30 AM GLUTES & CORE 10:30 AM CYCLE 4:30 PM METCON 5:30 PM	17 SCULPT 9:30 AM MASH 10:30 AM SCULPT 11:30 AM CHAIR MOBILITY 1 PM KICKBOXING 4:30 PM FLEXIBILITY 6 PM	18 GLUTES & CORE 8:30 AM DANCE FITNESS 9:30 AM GLUTES & CORE 10:30 AM CYCLE 4:30 PM METCON 5:30 PM	19 SCULPT 9:30 AM CYCLE 10:30 AM SCULPT 11:15 AM CHAIR MOBILITY 1 PM	20 CIRCUIT 9:00 AM FLEXIBILITY 10:30 AM
21	22 SCULPT 9:30 AM CYCLE 10:30 AM SCULPT 11:15 AM KICKBOXING 4:30 PM	23 GLUTES & CORE 8:30 AM DANCE FITNESS 9:30 AM GLUTES & CORE 10:30 AM CYCLE 4:30 PM METCON 5:30 PM	24 SCULPT 9:30 AM MASH 10:30 AM SCULPT 11:30 AM CHAIR MOBILITY 1 PM KICKBOXING 4:30 PM FLEXIBILITY 6 PM	25 GLUTES & CORE 8:30 AM DANCE FITNESS 9:30 AM GLUTES & CORE 10:30 AM CYCLE 4:30 PM METCON 5:30 PM	26 SCULPT 9:30 AM CYCLE 10:30 AM SCULPT 11:15 AM CHAIR MOBILITY 1 PM	27 CIRCUIT 9:00 AM FLEXIBILITY 10:30 AM
28	29 SCULPT 9:30 AM CYCLE 10:30 AM SCULPT 11:15 AM KICKBOXING 4:30 PM	30 GLUTES & CORE 8:30 AM DANCE FITNESS 9:30 AM GLUTES & CORE 10:30 AM CYCLE 4:30 PM METCON 5:30 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)

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: INTERVAL BIKING (MODERATE-HIGH INTENSITY)