

WYO FIT CLUBS OF HARLEYSVILLE GROUP FITNESS

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45am Hardcore Bootcamp <i>Nicole</i>	9:00-9:55am Zumba <i>Gina</i>	5:45-6:45am Sweat & Strength <i>Nicole</i>	9:00-9:55am Zumba <i>Sheila</i>	8:00-9:00am Pilates <i>Gina</i>	8:30-9:25am Bootcamp <i>Randy</i>	8:15-9:15am Zumba <i>Laura</i>
9:30-10:30am STRONG Nation <i>Tina</i>	10:00-11:00am Yoga <i>Karen</i>	9:00-10:00am Cardio Barre <i>Gina</i>	10:00-11:00am Yoga <i>Caitlyn</i>	9:15-10:00am Cardio Strength Core <i>Randy</i>	9:30-10:25am Zumba <i>Lori U</i>	9:30- 10:30am Group Power <i>Lorie T</i>
11:15-12:00pm Silver Sneakers Circuit <i>Annette</i>	11:15-12:00pm Silver Sneakers Classic <i>Lisa</i>	10:15-11:00am Adult Active <i>Lorie T</i>	11:15-12:00pm Moving to the Oldies <i>Randy</i>	10:15-11:00am Silver Sneakers Circuit <i>Annette</i>	10:30-11:30am Yoga <i>Karen/Rachael/ Kim</i>	10:30-11:30am Pound <i>Lorie T & Chelsea</i>
5:30-6:25pm Pilates Yoga Fusion <i>Gina</i>	6:00-7:00pm Group Power <i>Lorie T</i>	11:15-12:00pm Silver Sneakers Yoga <i>Annette</i>	5:25-6:25pm Group Power <i>Lorie T</i>	11:15-12:00pm Silver Sneakers Classic <i>Lisa</i>		
	7:00-8:00pm Zumba <i>Lori U</i>	2:00-2:45pm Silver Sneakers Circuit <i>Lisa</i>	6:30-7:25pm Zumba <i>Amanda</i>			
		5:30-6:25pm Bootcamp <i>Randy</i>	7:30-8:15pm Core <i>Randy</i>			
		6:30-7:30pm Yoga <i>Rachael</i>				

WYO FIT CLUBS OF HARLEYSVILLE CLASS DESCRIPTIONS

BootCamp: *Randy* - A non-stop full body workout. Each instructor provides their own unique mix of cardio, strength and core training. Be ready to work hard, have fun and get results!

ZUMBA: *Gina, Lori U, Amanda, Sheila, Laura* - Let go and feel the music! This dance class is easy to follow and offers a variety of styles including Salsa, Meringue, Reggae and Hip Hop. Join the party and get the fun vibe going!

Cardio Barre: *Gina* - A fusion of calorie torching, easy to follow dance (think Zumba) and high intensity low impact barre style exercises.

Hardcore Bootcamp: *Nicole* - A combination of cardio drills and core conditioning resulting in a hardcore workout.

Cardio Strength & Core: *Randy* - Three dynamic formats packed into one intense class! If you like variety, then you will love the spontaneity of this class. Every class covers cardio, strength and core with a different twist each week!

Sweat & Strength: *Nicole* - Intervals of cardio and strength training to burn maximum calories

POUND: *Lorie T & Chelsea* - This is a full body cardio jam session. Channel your inner performer and rock your body with this modern day fusion of movement and music. Drum along to a slamming soundtrack using Ripstix weighted drum sticks. This is a full body, fat burning interval workout that will leave you dripping sweat.

Yoga: *Karen, Rachael, Caitlyn, Kim* - Designed to incorporate the fundamentals of yoga posture, alignment and breath while offering a diverse range of style with each instructor drawing from a background of Yoga flow, strength based poses, weights (always optional) and weaving in some positive life philosophies

Pilates Mat: *Gina* - This mat workout includes concentrated work on core strength, body alignment and muscle balance. Resistance bands, weights and Bender Ball may be used to add variety and challenge.

Core: *Randy* - A floor routine designed to build strength, stability, endurance and tighten and tone all core muscle including abdominals, thighs and glutes

Group Power: *Lorie T* – This is a one hour, cutting edge strength based workout using a stepper, barbell and dumbbells designed to get you muscle strong and movement strong.

STRONG Nation: *Tina* - a HIIT workout class that integrates dumbbells into the traditional music-synched STRONG Nation framework. Weight resistance movements to boost muscle conditioning and core strength.