WYO FIT CLUBS OF HARLEYSVILLE GROUP FITNESS

NOVEMBER 2026

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

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-synced STRONG Nation framework. Weight resistance movements to boost muscle conditioning and core strength.