








# January 2024 Aerobic Schedule

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>12/31</u> 	<u>1/1</u> NO CLASSES HTCC is open	<u>1/2</u> 8:30am Level 1 Yoga (A/G) 9:30am SS Classic (G)	<u>1/3</u> 8:30am L.L Weights (G) 9:30am SS Chair Yoga (G) 10:00am Core Yoga (A) 5:00 PM Step Aerobics (A)	<u>1/4</u> 8:30am Level 2 Yoga (A/G) 9:30am SS Classic (G) 9:30am Spin Class (A) 10:30am SHiNE DANCE FITNESS™(G)	<u>1/5</u> 8:30am Yoga (A) 9:30am Zumba Gold (G)	<u>1/6</u> 8:30am Sat. Yoga (A)
<u>1/7</u> 	<u>1/8</u> 8:30am L.L Weights (G) 9:30am Spin Class (A) 9:30am SS Chair Yoga (G) 5:00pm Step Aerobics (A)	<u>1/9</u> 8:30am Level 1 Yoga (A/G) 9:30am SS Classic (G)	<u>1/10</u> 8:30am L.L Weights (G) 9:30am SS Chair Yoga (G) 10:00am Core Yoga (A) 5:00 PM Step Aerobics (A)	<u>1/11</u> 8:30am Level 2 Yoga (A/G) 9:30am SS Classic (G) 9:30am Spin Class (A) 10:30am SHiNE DANCE FITNESS™(G)	<u>1/12</u> 8:30am Yoga (A) 9:30am Zumba Gold (G)	<u>1/13</u> 8:30am Sat. Yoga (A)
<u>1/14</u> 	<u>1/15</u> 8:30am L.L Weights (G) 9:30am Spin Class (A) 9:30am SS Chair Yoga (G) 5:00pm Step Aerobics (A)	<u>1/16</u> 8:30am Level 1 Yoga (A/G) 9:30am SS Classic (G)	<u>1/17</u> 8:30 L.L Weights (G) 9:30am SS Chair Yoga (G) 10:00am Core Yoga (A) 5:00 PM Step Aerobics (A)	<u>1/18</u> 8:30am Level 2 Yoga (A/G) 9:30am SS Classic (G) 9:30am Spin Class (A) 10:30am SHiNE DANCE FITNESS™(G)	<u>1/19</u> 8:30am Yoga (A) 9:30am Zumba Gold (G)	<u>1/20</u> 8:30am Sat. Yoga (A)
<u>1/21</u> 	<u>1/22</u> 8:30am L.L Weights (G) 9:30am Spin Class (A) 9:30am SS Chair Yoga (G) 5:00pm Step Aerobics (A)	<u>1/23</u> 8:30am Level 1 Yoga (A/G) 9:30am SS Classic (G)	<u>1/24</u> 8:30 L.L Weights (G) 9:30am SS Chair Yoga (G) 10:00am Core Yoga (A) 5:00 PM Step Aerobics (A)	<u>1/25</u> 8:30am Level 2 Yoga (A/G) 9:30am SS Classic (G) 9:30am Spin Class (A) 10:30am SHiNE DANCE FITNESS™(G)	<u>1/26</u> 8:30am Yoga (A) 9:30am Zumba Gold (G)	<u>1/27</u> 8:30am Sat. Yoga (A)
<u>1/28</u> 	<u>1/29</u> 8:30am L.L Weights (G) 9:30am Spin Class (A) 9:30am SS Chair Yoga (G) 5:00pm Step Aerobics (A)	<u>1/30</u> 8:30am Level 1 Yoga (A/G) 9:30am SS Classic (G)	<u>1/31</u> 8:30 L.L Weights (G) 9:30am SS Chair Yoga (G) 10:00am Core Yoga (A) 5:00 PM Step Aerobics (A)	<u>2/1</u> 8:30am Level 2 Yoga (A/G) 9:30am SS Classic (G) 9:30am Spin Class (A) 10:30am SHiNE DANCE FITNESS™(G)	<u>2/2</u> 8:30am Yoga (A) 9:30am Zumba Gold (G)	<u>2/3</u> 8:30am Sat. Yoga (A)  (A) – Aerobic Room (G) – Gym (M) – Meeting room



# January 2024 Aerobic Schedule

## Aerobics Class Descriptions

All HTCC Aerobic Classes are FREE for Silver Sneakers/Fitness Members and \$3 per class for anyone with a basic membership.

### Silver Sneakers:

- SS Classic: Muscle, strength, and range of motion class
- SS Chair Yoga: Gentlest form of yoga done with assistance of a chair for sitting or keeping balance

### Easiest:

- Low Level Weights: Weight training exercises and movements done with lighter weights
- Friday/Saturday AM Yoga: All levels. Mindful practice combining breath and movement
- Level 1 Yoga: Working on core strength, breathing, and flexibility

### Medium:

- Core Yoga: Highlighting toning and strengthening poses.
- Level 2 Yoga: Continuing to build on core strength, breathing, and flexibility
- Step Aerobics: Workout stepping onto and off of an elevated platform while doing upper body movements (usually with lighter to no weight)

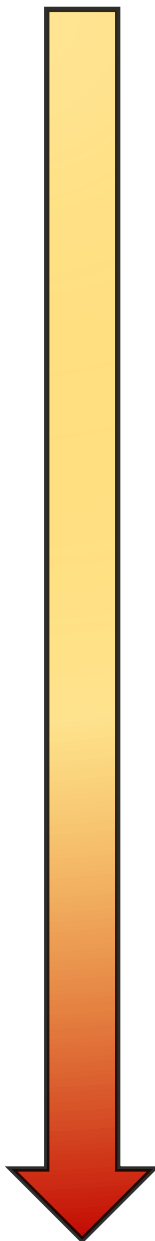
### Hardest:

- Spin Class: High intensity cardiovascular workout on a stationary bike
- H.I.I.T. (High Intensity Interval Training): Work up a sweat fast- working your entire body at a very intense level, backing off for a recovery period and repeating

**Hanover Township Community Center**  
3660 Jacksonville Road  
Bethlehem, PA 18017  
(610) 317-8701

### HTCC Hours of Operation:

**Mon-Thurs:** 7 a.m. - 10 p.m.; **Friday:** 7 a.m. - 9 p.m.  
**Saturday:** 8 a.m. - 6 p.m.  
**Sunday:** 8 a.m. - 1 p.m.





# January 2024 Aerobic Schedule