

Lehigh Valley Health Network
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LVHN Fitness News

Newsletters

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Meet Your Fitness Colleagues

Jennifer Cole, Exercise Physiologist: Jenn has been an Exercise Physiologist with LVHN Fitness since December 2014. Jenn is a Penn State alumni with an Exercise Science/ Sports Medicine concentration. Jenn leads Cardiac Fitness, Get up & Go, Stretch and Stability, and Weight Management Class at 1243 CC and Get Up & Go at Muhlenberg. Jenn also offers Fitness Analyses and Program Designs to set her clients up for success in their fitness journeys. In her free time, Jenn loves spending time with husband, her two children, Abby and Ryan, their cat, Hershey, and their new puppy, Kessel.

Kevin Hollshwander, Exercise Physiologist: Kevin began working with LVHN Fitness since August 2014. Kevin graduated with two Bachelor's degrees in Exercise Science and Athletic Training, and a Master's degree in Exercise and Wellness Promotion—all from Slippery Rock University. His passion is increasing the quality of our members' lives through fitness and helping his clients reach goals they never thought to be obtainable. You can find Kevin sharing his passion and sense of humor with members at our Muhlenberg facility. He teaches Get Up & Go and equipment orientation, and takes clients for Program Designs. Outside of work, Kevin enjoys reading and sets goals for himself to read 1-2 books each month.

Lucas La Pierre, Exercise Physiologist: Lucas joined our team in May 2017. Lucas graduated from DeSales University in 2010 with a Bachelor's degree in Exercise Science. He brings high energy to his weekly classes at One City Center, Muhlenberg, and Cedar Crest. He teaches Balance and Stability at Muhlenberg, HIIT at 1243 CC, and Cardio Combat at One City Center. Lucas' passion for his work is evident in his excitement and energy at all of our facilities. Outside of work, Lucas likes watching Disney movies with his young daughter. He takes pride in his "awesome beard". Give Lucas' classes a try; we guarantee you'll love them!

Dana Musgnung, Exercise Physiologist & Personal Trainer: Dana is a recent graduate from East Stroudsburg University with her Bachelor's degree in Exercise Science. Dana began as a personal trainer with LVHN Fitness in June 2018 and has recently joined our team of Exercise Physiologists in December 2018. Dana specializes in pre-therapeutic fitness to ensure her clients maintain proper form to prevent injury. You can find Dana leading Get Up & Go, Weight Management Class, Muscle Up, and Equipment Orientations at 1243 CC. She also leads Functional Fusion at One City Center. Outside of work, Dana enjoys spending time with her 4 dogs, exercising, and shoe shopping! Ask Dana about scheduling a Fitness Analysis, Program Design, or Personal Training appointment today!

Kierra Varcos, Exercise Physiologist and Personal Trainer: Kierra joined LVHN Fitness in January 2016. She graduated from Penn State with a Bachelor's degree in Kinesiology in 2013. Kierra has worked with Get Up & Go, Weight Management Classes, and a variety of group fitness classes. She meets with her clients during the evenings at 1243 CC. Kierra and her husband have their hands full with a new baby boy that they welcomed into the world in February 2019. Amongst her list of passions and hobbies include painting, yoga, and cooking healthy meals.

Brielle Weida, Manager—Fitness Programming: Brielle began working for LVHN Fitness as an Exercise Physiologist and Personal Trainer in July 2017. She graduated from DeSales University with a Bachelor's degree in Sport and Exercise Physiology in May 2017 and earned her Master's degree in Exercise Science— Clinical from Liberty University in August 2018. Brielle has worked with Get Up & Go and Weight Management Class at 1243 CC and Functional Fusion at One City Center. Brielle currently teaches Cycle Pump on Tuesdays and Thursdays at One City Center. She enjoys working closely with her team of Exercise Physiologists, LVHN Fitness members, and other departments within the network to create programs and classes that LVHN Fitness members can enjoy. Outside of work, Brielle enjoys spending time with her family and her pets, as well as shopping and traveling.

Find us on Facebook

- Updates on new classes
- Weather delays and closings
- Exercise tips and demonstrations
- Group fitness schedules
- Collaboration with other departments



@LVHNfitness



How We Can Help

There is no such thing as a goal too big or too small. We're here to help you reach them.

Fitness Analysis: A 30-minute appointment with an Exercise Physiologist to review your health and fitness history, and perform general fitness testing—such as strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. You will receive a print-out of your results and your Exercise Physiologist will suggest recommendations based on your goals. Fee: \$30 (100% reimbursable through My Total Health)

Program Design: Often paired with a Fitness Analysis, a Program Design is a one-time, 60-minute appointment by which an Exercise Physiologist will review your goals to create an exercise program for you to follow. Be prepared to exercise during this appointment. Fee: \$60 (100% reimbursable through My Total Health)

Personal Training: With a variety of package options and very knowledgeable trainers, personal training is available to you at LVHN Fitness. Take advantage of our complimentary 30-minute consultation to meet your trainer and discuss your health and fitness history, your goals, scheduling, and our pricing options. Our 3 for \$99 fitness assessment package helps our trainers understand your posture, gait, and movement patterns. Your trainer will schedule appointments based around your schedule to meet with you regularly. Leave it up to our trainers to create your unique workouts and guide you each step. Fee: varies based on duration and package options. (100% reimbursable through My Total Health)



New to Group Fitness

New to the schedules this month! Be sure check out the new formats our Fitness colleagues are offering.

1243 CC:

Muscle Up – A 45-minute class with the utilization of weights for full-body strengthening and toning.

Stretch and Stability – A 30-minute class with a focus on posture, stretching, mobility, and balance. This class is designed to benefit all fitness levels.

ZUMBA and STRONG – 30 minutes of ZUMBA and 30 minutes of STRONG. “STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to the beat of the music.

One City Center:

ZUMBA and STRONG – 30 minutes of ZUMBA and 30 minutes of STRONG. “STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to the beat of the music.”

Muhlenberg:

Instructor's Choice – A 60-minute class in which the instructor changes the class structure by integrating a variety of equipment and cardio for exercise all fitness levels will enjoy!

Relaxing Yoga – 60 minutes of a gentle form of yoga that includes mindful mat poses to reduce stress and assist in rebalancing your life, with a strong emphasis on “the breath”.

Stop into any LVHN Fitness facility to grab a group fitness schedule for the times and days of our classes!

Membership Sign-Up

Take advantage of your FREE fitness membership as an LVHN colleague. Stop into any of our locations and ask our Member Services Assistant at the front desk for membership paperwork. Present your LVHN-issued badge and Populytics ID or Employee Number.

Did you know that you can get 100% reimbursed when your dependents utilize LVHN Fitness? Yes, that's right! Membership fees for dependents of the Populytics Subscriber will be reimbursed into the Subscriber's paycheck if the dependent visits 8 or more times per month. Children ages 12-15 must be accompanied by an adult.