

M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO	F	STUDIO	SA	STUDIO	SU	STUDIO
BODYPUMP 7:20-8:20AM Cheryl	2	STUDIO CYCLING 45 6:00-6:45AM Jen	3	BODYPUMP 5:50-6:50AM Cheryl	1	STUDIO CYCLING 45 6:00-6:45AM Kay	3	BODYPUMP/CX COMBO 6:00-7:00AM Jen	1	GRIT** 8:00-8:30AM Jerry	1	STUDIO CYCLING 8:00-9:00AM Monica/Lina	3
FITNESS FUSION LITE 7:30-8:15AM Shelley	1	CXWORX 7:00-7:30AM Jen	4	FITNESS FUSION LITE 7:30-8:15AM Karen	1	PILATES 7:30-8:15AM Amy S	4	FITNESS FUSION LITE 7:30-8:15AM Karen	1	STUDIO CYCLING 8:00-9:00AM Bryon	3	BODYPUMP 9:00-10:00AM Kelly	1
BODYPUMP 8:30-9:30AM Amy	1	STUDIO CYCLING 30 8:45-9:15AM Lina	3	BODYPUMP 8:30-9:30AM Andrea	1	HIIT THE BIKE 30 8:45-9:15AM Kay	3	BODYPUMP 8:30-9:30AM Brenda	1	CXWORX 8:30-9:00AM Brenda	4	BODYCOMBAT 10:00-11:00AM Ethel	5
CXWORX 8:50-9:20AM Kay	4	BODYCOMBAT 30 8:50-9:20AM Andrea	1	FITNESS FUSION 8:30-9:30AM Karen	2	BODYCOMBAT 30 8:50-9:20AM Amy	1	CXWORX 8:50-9:20AM Elaine	4	TKO HIIT 30 8:35-9:05AM Ethel	1	BODYFLOW 10:00-11:00AM Steve	4
PILATES 9:30-10:20AM Nina	4	BODYPUMP 9:30-10:30AM Andrea	1	CXWORX 8:50-9:20AM Ethel	4	BODYPUMP 9:30-10:30AM Amy	1	STUDIO CYCLING STRENGTH 9:30-10:30AM Lina	3	BODYPUMP 9:10-10:10AM Bryon	1	BODYSTEP 10:00-11:00AM Denise**	1
STEP UP&FLOW DOWN 9:30-10:30AM Elaine	1	BODYFLOW 9:30-10:30AM Amy	4	STUDIO CYCLING ENDURANCE 9:30-10:30AM Kay	3	BODYFLOW* 9:30-10:30AM Steve	2	STEP UP&FLOW DOWN 9:30-10:30AM Elaine	1	ZUMBA 9:10-10:00AM Brenda	5		
STUDIO CYCLING INTERVAL 9:30-10:30AM Kay	3	SILVER SNEAKERS 10:45-11:30AM Mitch	1	BODYSTEP 9:30-10:30AM Andrea	1	SILVER SNEAKERS 10:45-11:30AM Mitch	1	SENIOR YOGA 10:45-11:30AM Joanne	1	BODYFLOW 9:15-10:15AM Elaine	4		
ZUMBA 10:30-11:30AM Nina	5	LEAN BODY BOOTCAMP 12:05-1:00PM Mitch	1	PILATES 9:30-10:30AM Stefanie	4	LEAN BODY BOOTCAMP 12:05-1:00PM Amy	1	BODYPUMP 4:30-5:30PM Kristen	1	STUDIO CYCLING STRENGTH 9:15-10:15AM Jerry	3		
CYCLE 12:05-1:05PM Cindy	3	STUDIO CYCLING 4:30-5:30PM Cindy	3	ZUMBA 9:30-10:30AM Amy	5	BODYSTEP 30 4:25-4:55PM Cheryl	1			BODYCOMBAT 10:15-11:15AM Mike	1		
SILVER SNEAKERS 10:45-11:30AM Mitch	1	GRIT SERIES 5:00-5:30PM Jerry	1	SILVER SNEAKERS YOGA 10:45-11:30AM Helen	1	STUDIO CYCLING 30 4:30-5:00PM Monica	3						
BODYSTEP 4:30-5:30PM Bryon	1	CXWORX 5:30-6:00PM Brenda	4	BODYCOMBAT 45* 12:05-12:50 Nina	1	CXWORX 5:00-5:30PM Kelly	1						
BODYFLOW 5:30-6:30PM Monica	4	TKO-N-MORE 5:30-6:30PM Amy	1	BODYPUMP 4:30-5:30PM AnnMarie	1	BODYFLOW 30 5:10-5:40PM Monica	4						
ZUMBA 5:30-6:30PM Carla	2	HIIT THE BIKE 30 5:30-6:00PM Cindy	3	BODYFLOW 5:30-6:30PM Kelly/Brenda	4	TKO-N-MORE 5:30-6:30 Nina	1						
BODYPUMP 5:30-6:30PM Brenda	1	BODYPUMP 6:40-7:40PM Denise	1	ZUMBA 5:30-6:30PM Carla	2	BODYPUMP 6:40-7:40PM Nina	1						
STUDIO CYCLING 45 INTERVAL 5:30-6:15PM Karilyn	3			CXWORX 5:30-6:00PM Mike	1	STUDIO CYCLING 5:30-6:30PM Karilyn	3						
BODYCOMBAT* 6:35-7:35PM Kate/Kelly	1			BODYCOMBAT 6:00-7:00PM Mike	1								
STEP BASICS 7:35-8:30PM Barry	1			STUDIO CYCLING ENDURANCE 5:45-6:45PM Aaron	3								
				STEP BASICS 7:30-8:30PM Barry	1								



FOR A FITTER COMMUNITY!

WHAT'S HAPPENING?

WATCH FOR NEW LES MILLS WORKOUTS COMING SOON!
GRIT has moved to Tuesdays at 5 p.m. - Studio 1
No sign-in required
Friday 4:30 BodyPump is back!
See highlighted areas for additional studio/time changes
Questions? Contact Elaine Forry, Group Fitness Director, 610-777-7801 or eforry@chbsports.com

GRIT Strength, Plyo & Cardio
Rotate Weekly

Shaded Areas
New/Change

*Attendance must improve to remain on schedule

**Class will be held based on instructor availability.

Schedule is subject to change without notice. We suggest subscribing to text alerts for faster notification of schedule changes. Simply text the keyword CHBSports to 844-83.

