

STUDIO <b>Mon</b>	STUDIO <b>Tue</b>	STUDIO <b>Wed</b>	STUDIO <b>Thu</b>	STUDIO <b>Fri</b>	STUDIO <b>Sat</b>	STUDIO <b>Sun</b>
<b>2 BODYPUMP</b> 7:20-8:20AM Cheryl	<b>3 STUDIO CYCLING 45</b> 6:00-6:45AM Jen	<b>1 BODYPUMP</b> 5:50-6:50AM Cheryl	<b>3 STUDIO CYCLING 45</b> 6:00-6:45AM Kay	<b>1 BODYPUMP/CX COMBO</b> 6:00-7:00AM Jen	<b>1 BODYPUMP</b> 8:00-9:00AM Cindy	<b>3 STUDIO CYCLING</b> 8:00-9:00AM Monica/Lina
<b>1 FITNESS FUSION LITE</b> 7:30-8:15AM Shelley	<b>4 CXWORX</b> 7:00-7:30AM Jen	<b>1 FITNESS FUSION LITE</b> 7:30-8:15AM Karen	<b>4 PILATES</b> 7:30-8:15AM Amy S	<b>1 FITNESS FUSION LITE</b> 7:30-8:15AM Karen	<b>3 STUDIO CYCLING</b> 8:00-9:00AM Bryon	<b>1 BODYPUMP</b> 9:00-10:00AM Kelly/Stacey
<b>1 BODYPUMP</b> 8:30-9:30AM Amy	<b>3 STUDIO CYCLING 30</b> 8:45-9:15AM Karilyn	<b>1 BODYPUMP</b> 8:30-9:30AM Andrea	<b>3 CYCLING 30</b> 8:45-9:15AM Kay	<b>1 BODYPUMP</b> 8:30-9:30AM Brenda	<b>2 GRIT**</b> 8:15-8:45AM Jerry Sign in req. day of class	<b>4 BODYFLOW</b> 10:00-11:00AM Steve
<b>4 CXWORX</b> 8:50-9:20AM Kay	<b>1 BODYCOMBAT 30</b> 8:50-9:25AM Andrea	<b>2 FITNESS FUSION</b> 8:30-9:30AM Karen	<b>1 BODYCOMBAT 30</b> 8:50-9:25AM Amy	<b>4 CXWORX</b> 8:50-9:20AM Elaine	<b>5 GRIT**</b> 8:30-9:00AM Brenda	<b>1 BODYPUMP</b> 10:00-11:00AM Denise/Rotation**
<b>4 PILATES</b> 9:30-10:30AM Nina	<b>1 BODYPUMP</b> 9:30-10:30AM Andrea	<b>4 CXWORX</b> 8:50-9:20AM Elaine	<b>1 BODYPUMP</b> 9:30-10:30AM Amy	<b>3 CYCLING STRENGTH</b> 9:30-10:30AM Lina	<b>5 ZUMBA</b> 9:00-10:00AM Brenda	<b>5 BODYCOMBAT</b> 10:05-11:00AM Kelly
<b>1 STEP Up &amp; FLOW Down</b> 9:30-10:30AM Elaine	<b>4 BODYFLOW</b> 9:30-10:30AM Amy	<b>3 STUDIO CYCLING ENDURANCE</b> 9:30-10:30AM Kay	<b>2 BODYFLOW</b> 9:30-10:30AM Steve	<b>1 STEP FREESTYLE</b> 9:30-10:30AM Elaine	<b>4 BODYFLOW</b> 9:15-10:15AM Elaine	
<b>3 CYCLING INTERVAL</b> 9:30-10:30AM Kay	<b>1 SILVER SNEAKERS</b> 10:45-11:30AM Mitch	<b>1 BODYPUMP</b> 9:30-10:30AM Andrea	<b>1 SILVER SNEAKERS</b> 10:45-11:30AM Mitch	<b>1 SENIOR YOGA</b> 10:45-11:30AM Joanne	<b>1 BODYPUMP</b> 9:10-10:10AM Bryon	
<b>5 ZUMBA</b> 10:30-11:30AM Nina	<b>1 LEAN BODY CONDITIONING</b> 12:05-1:00PM Amy	<b>4 PILATES</b> 9:30-10:30AM Stefanie	<b>4 LEAN BODY CONDITIONING</b> 12:05-1:00PM Amy	<b>1 BODYPUMP 30</b> 4:30-5:00PM Jamie	<b>3 STRENGTH</b> 9:15-10:15AM Jerry	
<b>3 CYCLE</b> 12:05-1:05PM Cindy	<b>3 STUDIO CYCLING</b> 4:30-5:30PM Cindy	<b>5 ZUMBA</b> 9:30-10:30AM Amy	<b>1 BODYPUMP 30</b> 4:30-5:00PM Cheryl	<b>1 GRIT**</b> 5:00-5:30 Jamie	<b>1 BODYCOMBAT</b> 10:15-11:15AM Mike	
<b>1 SILVER SNEAKERS</b> 10:45-11:30AM Mitch	<b>1 CXWORX</b> 5:00-5:30PM Brenda	<b>1 SS YOGA</b> 10:45-11:30AM Helen	<b>3 CYCLING 30</b> 4:30-5:00PM Monica			
<b>1 BODYPUMP</b> 4:30-5:30PM Bryon	<b>1 TKO-N-MORE</b> 5:30-6:30PM Amy	<b>1 BODYCOMBAT 45</b> 12:05-12:50 Nina	<b>4 BODYFLOW 30</b> 5:10-5:40PM Monica			
<b>4 BODYFLOW</b> 5:30-6:30PM Monica	<b>3 STUDIO CYCLING 30</b> 5:30-6:00PM Cindy	<b>1 BODYPUMP</b> 4:30-5:30PM Jamie	<b>1 CXWORK</b> 5:00-5:30PM Kelly			
<b>2 ZUMBA</b> 5:30-6:30PM Carla	<b>1 BODYPUMP</b> 6:40-7:40PM Denise	<b>4 BODYFLOW</b> 5:30-6:30PM Kelly/Brenda	<b>1 TKO-N-MORE</b> 5:30-6:30PM Nina			
<b>1 BODYPUMP</b> 5:30-6:30PM Brenda		<b>2 ZUMBA</b> 5:30-6:30PM Carla	<b>3 STUDIO CYCLING</b> 5:30-6:30PM Lina			
<b>3 CYCLING 45 INTERVAL</b> 5:30-6:15PM Karilyn		<b>1 CXWORX</b> 5:30-6:00PM Mike	<b>1 BODYPUMP</b> 6:40-7:40PM Nina			
<b>1 BODYCOMAT</b> 6:35-7:30PM Ethe		<b>3 CYCLING ENDURANCE</b> 5:45-6:45PM Aaron				
<b>2 GRIT**</b> 6:30-7:00PM Jerry Sign in req. day of class		<b>1 BODYCOMBAT</b> 6:00-7:00PM Mike				
<b>1 STEP BASICS</b> 7:35-8:30PM Barry		<b>2 LEAN BODY CONDITIONING</b> 6:30-7:30 Mitch				
		<b>1 STEP BASICS</b> 7:30-8:30PM Barry				



**WHAT'S HAPPENING!**

3/18 ST. PATTY'S MIXER LAUNCH  
30 mins. each BodyStep, BodyCombat, CXWorx

4/1 APRIL FOOL'S MIXER LAUNCH  
30 mins. each BodyPump, GRIT Cardio, BodyFlow

Stay Tuned For Details!

Group Fitness Schedule is subject to change without notice. Please watch for updates. We suggest subscribing to Text Alerts for faster notification of schedule changes. Simply text keyword CHBSPORTS to 844-83.

**LES MILLS**  
**BODYPUMP**  
**LES MILLS**  
**BODYCOMBAT**  
**LES MILLS**  
**BODYFLOW**  
**LES MILLS**  
**BODYPUMP**  
**LES MILLS**  
**CXWORX**  
**LES MILLS**  
**GRIT SERIES**  
30 MINUTE HIGH INTENSITY INTERVAL TRAINING  
GRIT Strength, Plyo & Cardio  
Rotates Weekly

Shaded Areas =New/Change  
\*=Attendance must improve to remain on schedule  
\*\*=Class will be held based on instructor availability.