

STUDIO Mon	STUDIO Tue	STUDIO Wed	STUDIO Thu	STUDIO Fri	STUDIO Sat	STUDIO Sun
2 BODYPUMP 7:20-8:20AM Cheryl	3 STUDIO CYCLING 45 6:00-6:45AM Jen	1 BODYPUMP 5:50-6:50AM Cheryl	3 STUDIO CYCLING 45 6:00-6:45AM Kay	1 BODYPUMP/CX COMBO 6:00-7:00AM Jen	1 GRIT** 8:00-8:30AM Jerry	3 STUDIO CYCLING 8:00-9:00AM Monica/Lina
1 FITNESS FUSION LITE 7:30-8:15AM Shelley	4 CXWORX 7:00-7:30AM Jen	1 FITNESS FUSION LITE 7:30-8:15AM Karen	4 PILATES 7:30-8:15AM Amy S	1 FITNESS FUSION LITE 7:30-8:15AM Karen	3 STUDIO CYCLING 8:00-9:00AM Bryon	1 BODYPUMP 9:00-10:00AM Kelly
1 BODYPUMP 8:30-9:30AM Amy	3 STUDIO CYCLING 30 8:45-9:15AM Lina	1 BODYPUMP 8:30-9:30AM Andrea	3 HIIT THE BIKE 30 8:45-9:15AM Kay	1 BODYPUMP 8:30-9:30AM Brenda	5 CXWORX 8:30-9:00 AM Brenda	4 BODYFLOW 10:00-11:00AM Steve
4 CXWORX 8:50-9:20AM Kay	1 BODYCOMBAT 30 8:50-9:25AM Andrea	2 FITNESS FUSION 8:30-9:30AM Karen	1 BODYCOMBAT 30 8:50-9:25AM Amy	4 CXWORX 8:50-9:20AM Elaine	1 TKO HIIT 30 8:35-9:05AM Ethe	1 BODYSTEP 10:00-11:00AM Denise**
4 PILATES 9:30-10:30AM Nina	1 BODYPUMP 9:30-10:30AM Andrea	4 CXWORX 8:50-9:20AM Elaine	1 BODYPUMP 9:30-10:30AM Amy	3 CYCLING INTERVAL 9:30-10:30AM Lina	5 ZUMBA 9:00-10:00AM Brenda	5 BODYCOMBAT 10:05-11:00AM Ethe
1 STEP Up & FLOW Down 9:30-10:30AM Elaine	4 BODYFLOW 9:30-10:30AM Amy	3 CYCLING STRENGTH 9:30-10:30AM Kay	2 BODYFLOW* 9:30-10:30AM Steve	1 STEP FREESTYLE 9:30-10:30AM Elaine	4 BODYFLOW 9:15-10:15AM Elaine	
3 CYCLING ENDURANC E 9:30-10:30AM Kay	1 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 BODYPUMP 9:10-10:10AM Bryon	
2 ZUMBA 10:30-11:30AM Nina	1 LEAN BODY BOOTCAMP 12:05-1:00PM Amy	4 PILATES 9:30-10:30AM Stefanie	4 LEAN BODY BOOTCAMP 12:05-1:00PM Amy		3 CYCLING INTERVAL 9:15-10:15AM Jerry	
3 STUDIO CYCLING 12:05-1:05PM Cindy	3 STUDIO CYCLING 4:30-5:30PM Cindy	2 ZUMBA 9:30-10:30AM Amy	1 BODYSTEP 30 4:25-4:55PM Cheryl		1 BODYCOMBAT 10:15-11:15AM Mike	
1 SILVER SNEAKERS 10:45-11:30AM Mitch	1 CXWORX 5:00-5:30PM Brenda	1 SS YOGA 10:45-11:30AM Helen	3 CYCLING 30 4:30-5:00PM Monica			
1 BODYSTEP 4:30-5:30PM Bryon	1 TKO-N-MORE 5:30-6:30PM Amy	1 BODYCOMBAT 45* 12:05-12:50 Nina	4 BODYFLOW 30 5:10-5:40PM Monica			
4 BODYFLOW 5:30-6:30PM Monica	3 HIIT THE BIKE 30 5:30-6:00PM Cindy	1 BODYPUMP 4:30-5:30PM Jen	1 CXWORK 5:00-5:30PM Kelly			
2 ZUMBA 5:30-6:30PM Carla	1 BODYPUMP 6:40-7:40PM Denise	4 BODYFLOW 5:30-6:30PM Kelly/Brenda	1 TKO-N-MORE 5:30-6:30PM Nina			
1 BODYPUMP 5:30-6:30PM Brenda		2 ZUMBA 5:30-6:30PM Carla	3 STUDIO CYCLING 5:30-6:30PM Karilyn			
3 CYCLING 45 ENDURANCE 5:30-6:15PM Karilyn		1 CXWORX 5:30-6:00PM Mike	1 BODYPUMP 6:40-7:40PM Nina			
1 BODYCOMAT* 6:35-7:30PM Ethe		3 CYCLING STRENGTH 5:45-6:45PM Aaron				
2 GRIT** 6:30-7:00PM Jerry Sign in req. day of class		1 BODYCOMBAT 6:00-7:00PM Mike				
1 STEP BASICS 7:35-8:30PM Barry		1 STEP BASICS 7:30-8:30PM Barry				



WHAT'S HAPPENING!

Wednesday 6:30 p.m. Lean Body Bootcamp cancelled due to low attendance.
Have questions? Contact Elaine Forry, Group Fitness Director, 610-777-7801, eforry@chbsports.com



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

Summer is here and so are summer vacations. While we will make every attempt to offer every class as scheduled, there may be times that a format will be substituted or class is cancelled based on instructor availability. We suggest subscribing to text alerts for faster notification of schedule changes. Simply text the keyword CHBSPTS to 844-83