

STUDIO **Mon**

- 2 BODYPUMP**  
7:20-8:20AM Cheryl
- 1 FITNESS FUSION LITE**  
7:30-8:15AM Shelley
- 1 BODYPUMP**  
8:30-9:30AM Amy
- 4 CXWORX**  
8:50-9:20AM Kay
- 4 PILATES**  
9:30-10:20AM Nina
- 1 STEP FREESTYLE**  
9:30-10:30AM Elaine
- 3 STUDIO CYCLING**  
9:30-10:30AM Kay
- 5 ZUMBA**  
10:30-11:30AM Nina
- 3 STUDIO CYCLING**  
12:05-1:05PM Cindy
- 1 SILVER SNEAKERS**  
10:45-11:30AM Mitch
- 1 BODYSTEP**  
4:30-5:30PM Bryon
- 4 BODYFLOW**  
5:30-6:30PM Monica
- 2 ZUMBA**  
5:30-6:30PM Carla
- 1 BODYPUMP**  
5:30-6:30PM Brenda
- 3 STUDIO CYCLING 45**  
5:30-6:15PM Karilyn
- 1 BODYCOMAT**  
6:35-7:30PM Kelly/Kate
- 2 STEP BASICS**  
7:35-8:30PM Barry
- 1**

STUDIO **Tue**

- 3 STUDIO CYCLING 45**  
6:00-6:45AM Jen
- 4 CXWORX**  
7:00-7:30AM Jen
- 3 STUDIO CYCLING 30**  
8:45-9:15AM Lina
- 1 BODYCOMBAT 30**  
8:50-9:20AM Andrea
- 1 BODYPUMP**  
9:30-10:30AM Andrea
- 4 BODYFLOW**  
9:30-10:30AM Amy
- 1 SILVER SNEAKERS**  
10:45-11:30AM Mitch
- 1 LEAN BODY BOOTCAMP**  
12:05-1:00PM Mitch
- 3 STUDIO CYCLING**  
4:30-5:30PM Cindy
- 1 GRIT**  
5:00-5:30PM Jerry
- 4 CXWORX**  
**5:30-6:00PM**
- 1 TKO-N-MORE**  
5:30-6:30PM Amy
- 3 HIIT THE BIKE 30**  
5:30-6:00PM Cindy
- 1 BODYPUMP**  
6:40-7:40PM Denise

STUDIO **Wed**

- 1 BODYPUMP**  
5:50-6:50AM Cheryl
- 1 FITNESS FUSION LITE**  
7:30-8:15AM Karen
- 1 BODYPUMP**  
8:30-9:30AM Andrea
- 2 FITNESS FUSION**  
8:30-9:30AM Karen
- 4 CXWORX**  
8:50-9:20AM Elaine
- 3 STUDIO CYCLING**  
9:30-10:30AM Kay
- 1 BODYSTEP**  
9:30-10:30AM Andrea
- 4 PILATES**  
9:30-10:30AM Stefanie
- 5 ZUMBA**  
9:30-10:30AM Amy
- 1 SS YOGA**  
10:45-11:30AM Helen
- 1 BODYCOMBAT 45**  
12:05-12:50 Nina
- 1 BODYPUMP**  
4:30-5:30PM Ann Marie
- 4 BODYFLOW**  
5:30-6:30PM Kelly/Brenda
- 2 ZUMBA**  
5:30-6:30PM Carla
- 1 CXWORX**  
5:30-6:00PM Mike
- 3 STUDIO CYCLING**  
5:30-6:30PM Jen
- 1 BODYCOMBAT**  
6:00-7:00PM Mike
- 1 STEP BASICS**  
7:30-8:30PM Barry

STUDIO **Thu**

- 3 STUDIO CYCLING 45**  
6:00-6:45AM Kay
- 4 PILATES**  
7:30-8:15AM Amy S
- 3 HIIT THE BIKE 30**  
8:45-9:15AM Kay
- 1 ZUMBA**  
8:45-9:25AM Amy
- 1 BODYPUMP**  
9:30-10:30AM Amy
- 2 BODYFLOW**  
9:30-10:30AM Steve
- 1 SILVER SNEAKERS**  
10:45-11:30AM Mitch
- 4 LEAN BODY BOOTCAMP**  
12:05-1:00PM Amy
- 1 BODYSTEP 30**  
4:25-4:55PM Cheryl
- 3 STUDIO CYCLING 30**  
4:30-5:00PM Monica
- 4 BODYFLOW 30**  
5:10-5:40PM Monica
- 1 CXWORK**  
5:00-5:30PM Kelly
- 1 TKO-N-MORE**  
5:30-6:30PM Nina
- 3 STUDIO CYCLING**  
5:30-6:30PM Karilyn
- 1 BODYPUMP**  
6:40-7:40PM Nina

STUDIO **Fri**

- 1 BODYPUMP/CX COMBO**  
6:00-7:00AM Jen
- 1 FITNESS FUSION LITE**  
7:30-8:15AM Karen
- 1 BODYPUMP**  
8:30-9:30AM Brenda
- 4 CXWORX**  
8:50-9:20AM Elaine
- 3 STUDIO CYCLING**  
9:30-10:30AM Lina
- 1 STEP FREESTYLE**  
9:30-10:30AM Elaine
- 1 SENIOR YOGA**  
10:45-11:30AM Joanne
- 1 BODYPUMP**  
4:30-5:30PM Kristen

STUDIO **Sat**

- 1 GRIT**  
8:00-8:30AM Jerry
- 3 STUDIO CYCLING**  
8:00-9:00AM Bryon
- 4 CXWORX**  
8:30-9:00 AM Brenda
- 1 TKO HIIT 30**  
8:35-9:05AM Ethel
- 5 ZUMBA**  
9:10-10:00AM Brenda
- 4 BODYFLOW**  
9:15-10:15AM Elaine
- 1 BODYPUMP**  
9:10-10:10AM Bryon
- 3 STUDIO CYCLING**  
9:15-10:15AM Jerry
- 1 BODYCOMBAT**  
10:15-11:15AM Mike

STUDIO **Sun**

- 3 STUDIO CYCLING\***  
8:00-9:00AM Monica/Lina
- 1 BODYPUMP**  
9:00-10:00AM Kelly
- 4 BODYFLOW**  
10:00-11:00AM Steve
- 1 BODYSTEP**  
10:00-11:00AM Denise
- 5 BODYCOMBAT**  
10:05-11:00AM Ethel

**LES MILLS**  
**BODYPUMP**

**LES MILLS**  
**BODYCOMBAT**

**LES MILLS**  
**BODYFLOW**

**LES MILLS**  
**BODYSTEP**

**LES MILLS**  
**CXWORX**

**LES MILLS**  
**GRIT SERIES**  
30 MINUTE HIGH INTENSITY INTERVAL TRAINING



Shaded area = new/change  
\*Attendance must improve to remain on the schedule  
GRIT Strength, Plyo & Cardio rotate weekly  
Questions? Contact Elaine Forry, Group Fitness Director,  
610-777-7801, eforry@chbsports.com

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