

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



FOR A FITTER COMMUNITY!

Shaded areas = 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 CHBSPORTS to 844-83.

