

FOR A FITTER COMMUNITY

M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO	F	STUDIO	SA	STUDIO	SU	STUDIO
<b>BODYPUMP</b> 7:20-8:20AM Cheryl	2	<b>STUDIO CYCLING 45</b> 6:00-6:45AM Lina/Karilyn	3	<b>BODYPUMP</b> 5:50-6:50AM Cheryl	1	<b>STUDIO CYCLING 45</b> 6:00-6:45AM Kay	3	<b>BODYPUMP/CX COMBO</b> 6:00-7:00AM Jen	1	<b>GRIT PLYO</b> 8:00-8:30AM Jerry	1	<b>STUDIO CYCLING</b> 8:00-9:00AM Lina/Karilyn	3
<b>FITNESS FUSION LITE</b> 7:30-8:15AM Shelley	1	<b>STUDIO CYCLING 45</b> 8:45-9:30AM Lina	3	<b>FITNESS FUSION LITE</b> 7:30-8:15AM Karen	1	<b>CXWORX</b> 7:00-7:30AM Jen	4	<b>FITNESS FUSION LITE</b> 7:30-8:15AM Karen	1	<b>STUDIO CYCLING</b> 8:00-9:00AM Bryon	3	<b>BODYPUMP</b> 9:00-10:00AM Kelly	1
<b>BODYPUMP</b> 8:30-9:30AM Amy	1	<b>BODYCOMBAT 30</b> 8:50-9:20AM Andrea	1	<b>BODYPUMP</b> 8:30-9:30AM Andrea	1	<b>HIIT THE BIKE 30</b> 8:45-9:15AM Kay	3	<b>BODYPUMP</b> 8:30-9:30AM Brenda	1	<b>CXWORX</b> 8:30-9:00AM Brenda	4	<b>BODYCOMBAT</b> 10:00-11:00AM Ethe	5
<b>CXWORX</b> 8:50-9:20AM Kay	4	<b>BODYPUMP</b> 9:30-10:30AM Andrea	1	<b>FITNESS FUSION</b> 8:30-9:30AM Karen	2	<b>LES MILLS BARRE</b> 8:50-9:20AM Amy	1	<b>CXWORX</b> 8:50-9:20AM Elaine	4	<b>TKO HIIT 30</b> 8:35-9:05AM Ethe	1	<b>BODYSTEP</b> 10:00-11:00AM Denise	1
<b>PILATES</b> 9:30-10:20AM Nina	4	<b>LES MILLS BARRE</b> 8:50-9:20AM Stefanie	4	<b>CXWORX</b> 8:50-9:20AM Elaine	4	<b>BODYPUMP</b> 9:30-10:30AM Amy	1	<b>STUDIO CYCLING ENDURANCE</b> 9:30-10:30AM Lina	3	<b>BODYPUMP</b> 9:10-10:10AM Bryon	1	<b>BODYFLOW</b> 10:10-11:10AM Kelly	4
<b>STEP FREESTYLE</b> 9:30-10:30AM Elaine	1	<b>BODYFLOW</b> 9:30-10:30AM Amy	4	<b>STUDIO CYCLING INTERVAL</b> 9:30-10:30AM Kay	3	<b>BODYFLOW</b> 9:30-10:30AM Elaine	4	<b>STEP &amp; STRENGTH</b> 9:30-10:30AM Elaine	1	<b>ZUMBA 45</b> 9:10-9:55AM Brenda	2		
<b>STUDIO CYCLING STRENGTH</b> 9:30-10:30AM Kay	3	<b>SILVER SNEAKERS</b> 10:45-11:30AM Mitch	1	<b>BODYSTEP</b> 9:30-10:30AM Andrea	1	<b>SILVER SNEAKERS</b> 10:45-11:30AM Mitch	1	<b>SILVER SNEAKERS YOGA</b> 10:45-11:30AM Joanne	1	<b>BODYFLOW</b> 9:15-10:15AM Alison&Mike	4		
<b>ZUMBA</b> 10:30-11:30AM Nina	2	<b>LEAN BODY BOOTCAMP</b> 12:05-1:00PM Mitch	1	<b>PILATES</b> 9:30-10:30AM Stefanie	4	<b>LEAN BODY BOOTCAMP</b> 12:05-1:00PM Amy	1			<b>STUDIO CYCLING ENDURANCE</b> 9:15-10:15AM Jerry	3		
<b>STUDIO CYCLING</b> 12:05-1:05PM Cindy	3	<b>STUDIO CYCLING</b> 4:30-5:30PM Cindy	3	<b>ZUMBA</b> 9:30-10:30AM Amy	2	<b>BODYSTEP 30</b> 4:25-4:55PM Cheryl	1			<b>LES MILLS BARRE</b> 9:30-10:00AM Elaine	5		
<b>SILVER SNEAKERS</b> 10:45-11:30AM Mitch	1	<b>GRIT CARDIO</b> 5:00-5:30PM Jerry	1	<b>SILVER SNEAKERS YOGA</b> 10:45-11:30AM Helen	1	<b>GRIT STRENGTH</b> 5:00-5:30PM Mike A.	1			<b>BODYCOMBAT</b> 10:15-11:15AM Mike	1		
<b>BODYSTEP</b> 4:30-5:30PM Bryon	1	<b>CXWORX</b> 5:30-6:00PM Alison/Mike	4	<b>BODYCOMBAT 45</b> 12:05-12:50 Nina	1	<b>BODYFLOW 30</b> 5:10-5:40PM Monica	4						
<b>BODYFLOW</b> 5:30-6:30PM Monica	4	<b>HIIT THE BIKE 30</b> 5:30-6:00PM Cindy	3	<b>BODYPUMP</b> 4:30-5:30PM AnnMarie	1	<b>CXWORX</b> 5:30-6:00PM Kelly	2						
<b>ZUMBA</b> 5:30-6:30PM Carla	2	<b>LES MILLS BARRE</b> 6:05-6:35 Alison	4	<b>BODYFLOW</b> 5:30-6:30PM Brenda	4	<b>TKO-N-MORE</b> 5:30-6:30PM Nina	1						
<b>BODYPUMP</b> 5:30-6:30PM Brenda	1	<b>TKO-N-MORE</b> 5:30-6:30PM Amy	1	<b>ZUMBA</b> 5:30-6:30PM Carla	2	<b>STUDIO CYCLING</b> 5:30-6:30PM Karilyn	1						
<b>STUDIO CYCLING 45 STRENGTH</b> 5:30-6:15PM Karilyn	3	<b>BODYPUMP</b> 6:40-7:40PM Denise	1	<b>CXWORX</b> 5:30-6:00PM Mike	1	<b>BODYPUMP</b> 6:40-7:40PM Nina	1						
<b>BODYCOMBAT</b> 6:35-7:35PM Kate/Kelly	1			<b>BODYCOMBAT</b> 6:00-7:00PM Mike	1								
<b>STEP BASICS</b> 7:35-8:30PM Barry	1			<b>STUDIO CYCLING INTERVAL</b> 5:30-6:30PM Jen	3								
				<b>STEP BASICS</b> 7:30-8:30PM Barry	1								



**Independence Day 2018**  
9:05 a.m. Studio Cycling with Alison  
8:30 a.m. 2-Hour Les Mills Mixer - Studio 1  
30 minutes each BodyPump, BodyStep,  
BodyCombat & BodyFlow

Questions? Contact Elaine Forry,  
Group Fitness Director, 610-777-7801,  
eforry@chbsports.com

Shaded area = New/Change  
\*Attendance must improve to remain on the schedule

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.

LesMills  
**BARRE**

LesMills  
**BODYCOMBAT**

LesMills  
**BODYFLOW**

LesMills  
**BODYPUMP**

LesMills  
**BODYSTEP**

LesMills  
**CXWORX**

LesMills  
**GRIT**