


**FALL 2018**  
**GROUP FITNESS SCHEDULE**  
Effective September 9, 2018  
**FOR A FIT COMMUNITY**

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M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO	F	STUDIO	SA	STUDIO	SU	STUDIO
<b>NEW! BODYSTEP 45</b> 6:00-6:45AM Cheryl	1	<b>CYCLING 45</b> 6:00-6:45AM Karilyn/Lina	3	<b>BODYPUMP 45</b> 6:00-6:45AM Cheryl	1	CYCLING 45 6:00-6:45AM Kay	3	<b>BODYPUMP&amp;CX</b> 6:00-7:00AM Jenn	1	<b>GRIT CARDIO</b> 8:00-8:30AM Jerry	1	CYCLING 8:00-9:00AM Karilyn/Lina	1
FITNESS FUSION LITE 7:30-8:15AM Shelley	1	<b>CYCLING 45</b> 8:45-9:30AM Lina	3	FITNESS FUSION LITE 7:30-8:15AM Karen	1	<b>NEW! BODYPUMP 45</b> 7:30-8:15AM Alison	1	FITNESS FUSION LITE 7:30-8:15AM Karen	1	CYCLING 8:00-9:00AM Bryon	3	<b>BODYSTEP 45</b> 8:30-9:15AM Denise	1
<b>BODYPUMP 45</b> 7:30-8:15AM Cheryl	2	<b>LES MILLS BARRE</b> 8:50-9:20AM Stef	4	<b>BODYPUMP</b> 8:30-9:30AM Andrea	1	<b>HIT THE BIKE</b> 8:45-9:15am Kay	3	<b>BODYPUMP</b> 8:30-9:30AM Brenda	1	<b>CXWORX</b> 8:30-9:00AM Brenda	1	<b>BODYPUMP 45</b> 9:15-10:00AM Kelly	1
<b>BODYPUMP</b> 8:30-9:30AM Amy	1	<b>BODYCOMBAT 30</b> 8:50-9:20AM Andrea	1	FITNESS FUSION 8:30-9:30AM Karen	2	<b>LES MILLS BARRE</b> 8:30-9:00AM Amy	1	<b>CXWORX</b> 8:50-9:20AM Alison	4	<b>BODYPUMP</b> 9:10-10:10AM Bryon	1	<b>BODYFLOW</b> 10:10-11:10AM Kelly	4
<b>CXWORX</b> 8:50-9:20AM KAY	4	<b>BODYFLOW</b> 9:30-10:30AM Amy	4	<b>CXWORX</b> 8:50-9:20AM Alison	4	<b>BODYFLOW</b> 9:30-10:30AM Alison	4	<b>BODYSTEP</b> 9:30-10:30AM Andrea	1	<b>ZUMBA 30</b> 9:10-9:40AM Brenda	2	<b>BODYCOMBAT</b> 10:00-11:00AM Ethe	1
<b>BODYSTEP</b> 9:30-10:30AM Marilyne	1	<b>BODYPUMP</b> 9:30-10:30AM Andrea	1	CYCLING ENDURANCE 9:30-10:30AM Kay	3	<b>BODYPUMP</b> 9:30-10:30AM Amy	1	CYCLING STRENGTH 9:30-10:30AM Lina	3	<b>BODYFLOW</b> 9:15-10:15AM Alison&Mike	4		
<b>PILATES</b> 9:30-10:30AM Stef	4	<b>SILVER SNEAKERS</b> 10:45-11:30AM Mitch	1	<b>PILATES</b> 9:30-10:30AM Stef	4	<b>SILVER SNEAKERS</b> 10:45-11:30AM Mitch	1	<b>SILVER SNEAKERS YOGA</b> 10:45-11:30AM Joanne	1	CYCLING STRENGTH 9:15-10:15AM Jerry	3		
CYCLING INTERVAL 9:30-10:30AM Kay	3			<b>ZUMBA</b> 9:30-10:30AM Amy	2					<b>LES MILLS BARRE</b> 9:45-10:15AM Amy	2		
<b>ZUMBA</b> 10:30-11:30AM Chastity	2			<b>BODYSTEP</b> 9:30-10:30AM Andrea	1					<b>BODYCOMBAT</b> 10:15-11:15 Mike	1		
<b>SILVER SNEAKERS</b> 10:45-11:30 Mitch	1			<b>SILVER SNEAKERS YOGA</b> 10:45-11:30AM Joanne	1								

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CYCLING 12:05-1:00PM Cindy	3	LEAN BODY CONDITIONING 12:05-1:00PM Mitch	1	<b>CYCLING 30</b> 12:05-12:35 PM Elaine	1	<b>NEW! BODYPUMP</b> 12:05-1:45PM Helen	1						
<b>BODYSTEP</b> 4:30-5:30PM Bryon	1	CYCLING 4:30-5:30PM Cindy	3	<b>BODYPUMP*</b> 4:30-5:30PM AnnMarie	1	<b>BODYSTEP 30*</b> 4:30-5:00PM Cheryl	1						
<b>BODYPUMP</b> 5:30-6:30PM Brenda	1	<b>GRIT STRENGTH</b> 5:00-5:30PM Jerry	1	<b>CXWORX*</b> 5:30-6:00PM Mike	1	<b>CYCLING 30</b> 4:30-5:00PM Monica	3						
CYCLING 45 INTERVAL 5:30-6:15PM Karilyn	3	<b>CXWORX</b> 5:30-6:00PM Mike A	4	<b>BODYCOMBAT</b> 6:00-7:00PM Mike T	1	<b>GRIT PLYO</b> 5:00-5:30PM Mike	1						
<b>BODYFLOW</b> 5:30-6:30PM Monica	4	<b>TKO-n-MORE</b> 5:30-6:30PM Amy	1	CYCLING ENDURANCE 5:30-6:30PM Jen	3	<b>BODYFLOW 30</b> 5:10-5:40PM Monica	4						
<b>ZUMBA</b> 5:30-6:30PM Carla	2	<b>HIT THE BIKE 30</b> 5:30-6:00PM Cindy	3	<b>BODYFLOW</b> 5:30-6:30PM Brenda	4	CYCLING 5:30-6:30PM Karilyn	3						
<b>BODYCOMBAT</b> 6:35-7:35PM Kate/Kelly	1	<b>BODYPUMP</b> 6:40-7:40PM Denise	1	<b>ZUMBA</b> 5:30-6:30PM Carla	2	<b>NEW! BODYPUMP 30</b> 5:30-6:00PM Kelly	1						
<b>STEP BASICS</b> 7:35-8:30PM Barry	1			<b>STEP BASICS</b> 7:30-8:30PM Barry	1	<b>CXWORX</b> 6:00-6:30PM Kelly	1						
						<b>TKO 45</b> 6:30-7:15PM Ethe	1						



**COLONIAL FITNESS**  
racquetball & fitness center

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

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

**SHADED AREAS = NEW/CHANGE**  
\* = Attendance must improve for class to remain on schedule.  
Class format may change.

Les Mills  
**BARRE**

Les Mills  
**BODYCOMBAT**

Les Mills  
**BODYFLOW**

Les Mills  
**BODYPUMP**

Les Mills  
**BODYSTEP**

Les Mills  
**CXWORX**

Les Mills  
**GRIT**