


FALL 2018
GROUP FITNESS SCHEDULE
Effective October 7, 2018
FOR A FIT COMMUNITY

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M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO	F	STUDIO	SA	STUDIO	SU	STUDIO
BODYSTEP 45 6:00-6:45AM Cheryl	1	CYCLING 45 6:00-6:45AM Karilyn/Lina	3	BODYPUMP 45 6:00-6:45AM Cheryl	1	CYCLING 45 6:00-6:45AM Kay	3	BODYPUMP&CX 6:00-7:00AM Jenn	1	GRIT PLYO 8:00-8:30AM Jerry	1	CYCLING 8:00-9:00AM Karilyn/Lina	1
FITNESS FUSION LITE 7:30-8:15AM Shelley	1	CYCLING 45 8:45-9:30AM Lina	3	FITNESS FUSION LITE 7:30-8:15AM Karen	1	BODYPUMP 45 7:30-8:15AM Alison	1	FITNESS FUSION LITE 7:30-8:15AM Karen	1	CYCLING 8:00-9:00AM Bryon	3	BODYSTEP 45 8:30-9:15AM Denise	1
BODYPUMP 45 7:30-8:15AM Cheryl	2	LES MILLS BARRE 8:50-9:20AM Stef	4	BODYPUMP 8:30-9:30AM Andrea	1	HIT THE BIKE 8:45-9:15am Kay	3	BODYPUMP 8:30-9:30AM Brenda	1	CXWORX 8:30-9:00AM Brenda	1	BODYPUMP 45 9:20-10:05AM Kelly	1
BODYPUMP 8:30-9:30AM Alison	1	BODYCOMBAT 30 8:50-9:20AM Andrea	1	FITNESS FUSION 8:30-9:30AM Karen	2	LES MILLS BARRE 8:50-9:20AM Amy	1	CXWORX 8:50-9:20AM Alison	4	BODYPUMP 9:10-10:10AM Bryon	1	BODYFLOW 10:10-11:10AM Kelly	4
CXWORX 8:50-9:20AM Kay	4	BODYFLOW 9:30-10:30AM Amy	4	CXWORX 8:50-9:20AM Alison	4	BODYFLOW 9:30-10:30AM Alison	4	STEP FREESTYLE 9:30-10:30AM Elaine	1	ZUMBA 30 9:10-9:40AM Brenda	2	BODYCOMBAT 10:10-11:10AM Ethe	1
STEP FREESTYLE 9:30-10:30AM Elaine	1	BODYPUMP 9:30-10:30AM Andrea	1	CYCLING INTERVAL 9:30-10:30AM Kay	3	BODYPUMP 9:30-10:30AM Amy	1	CYCLING ENDURANCE 9:30-10:30AM Lina	3	BODYFLOW 9:15-10:15AM Alison&Mike	4		
PILATES 9:30-10:30AM Stef	4	SILVER SNEAKERS 10:45-11:30AM Mitch	1	PILATES 9:30-10:30AM Stef	4	SILVER SNEAKERS 10:45-11:30AM Mitch	1	SILVER SNEAKERS YOGA 10:45-11:30AM Joanne	1	CYCLING ENDURANCE 9:15-10:15AM Jerry	3		
CYCLING STRENGTH 9:30-10:30AM Kay	3			ZUMBA 9:30-10:30AM Amy	2					LES MILLS BARRE 9:45-10:15AM Elaine	2		
ZUMBA 10:30-11:30AM Chastity	2			BODYSTEP 9:30-10:30AM Andrea	1					BODYCOMBAT 10:15-11:15 Mike	1		
SILVER SNEAKERS 10:45-11:30 Mitch	1			SILVER SNEAKERS YOGA 10:45-11:30AM Joanne	1								
CYCLING 12:05-1:00PM Cindy	3	LEAN BODY CONDITIONING 12:05-1:00PM Mitch	1	CYCLING 30 12:05-12:35PM Elaine	1	BODYPUMP 12:05-1:45PM Helen	1			 <p>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.</p> <p>Questions? Contact Elaine Forry, Group Fitness Director, 610-777-7801, eforry@chbsports.com</p> <p>SHADED AREAS = NEW/CHANGE * = Attendance must improve for class to remain on schedule. Class format may change.</p>			
BODYSTEP 4:30-5:30PM Bryon	1	CYCLING 4:30-5:30PM Cindy	3	BODYPUMP* 4:30-5:30PM AnnMarie	1	BODYSTEP 30* 4:25-4:55PM Cheryl	1						
BODYPUMP 5:30-6:30PM Brenda	1	GRIT CARDIO 5:00-5:30PM Jerry	1	CXWORX* 5:30-6:00PM Mike	1	CYCLING 30 4:30-5:00PM Monica	3						
CYCLING 45 STRENGTH 5:30-6:15PM Karilyn	3	CXWORX 5:30-6:00PM Mike A	4	BODYCOMBAT 6:00-7:00PM Mike T	1	GRIT STRENGTH 5:00-5:30PM Mike	1						
BODYFLOW 5:30-6:30PM Monica	4	TKO-N-MORE 5:30-6:30PM Amy	1	CYCLING INTERVAL 5:30-6:30PM Jen	3	BODYFLOW 30 5:10-5:40PM Monica	4						
ZUMBA 5:30-6:30PM Carla	2	HIT THE BIKE 30 5:30-6:00PM Cindy	3	BODYFLOW 5:30-6:30PM Brenda	4	CYCLING 45 5:30-6:15PM Karilyn	3						
BODYCOMBAT 6:35-7:35PM Kate/Kelly	1	BODYPUMP 6:40-7:40PM Denise	1	ZUMBA 5:30-6:30PM Carla	2	BODYPUMP 30 5:30-6:00PM Kelly	1						
STEP FREESTYLE 7:35-8:30PM Donna	1			STEP FREESTYLE 7:30-8:30PM Donna	1	CXWORX 6:05-6:35PM Kelly	1						
						TKO 45 6:35-7:20PM Ethe	1						

Les Mills
BARRE

Les Mills
BODYCOMBAT

Les Mills
BODYFLOW

Les Mills
BODYPUMP

Les Mills
BODYSTEP

Les Mills
CXWORX

Les Mills
GRIT