COLONIAL FITNESS
172 Shillington Road, Sinking Spring PA 19608

**FALL 2018**
**GROUP FITNESS SCHEDULE**
**Effective November 4, 2018**
**FOR A FIT COMMUNITY**

chbsports.com
610-777-7801

## MORNING

| 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&CX 6:00-7:00AM Jenn | 1 | CYCLING 45 6:00-6:45AM Kay | 3 | BODYPUMP 45 6:00-6:45AM Cheryl | 1 | GRIT STRENGTH 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 830-9:30AM Andrea | 1 | HIIT 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 STRENGTH 9:30-10:30AM Kay | 3 | BODYPUMP 9:30-10:30AM Amy | 1 | CYCLING INTERVAL 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 | SENIOR YOGA 10:45-11:30AM Joanne (MAX. CAP. 40) | 1 | CYCLING INTERVAL 9:15-10:15AM Jerry | 3 | | |
| CYCLING ENDURANCE 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 | | | SENIOR YOGA 10:45-11:30AM Joanne (MAX. CAP. 40) | 1 | | | | | | | | |

## NOON/EVENING

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 12:05-1:05PM Helen | 1 | | | | | | |
| 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 PLYO 5:00-5:30PM Jerry | 1 | CXWORX 5:30-6:00PM Mike | 1 | CYCLING 30 4:30-5:00PM Monica | 3 | | | | | | |
| CYCLING 45 ENDURANCE 5:30-6:15PM Karilyn | 3 | CXWORX 5:30-6:00PM Mike A | 4 | BODYCOMBAT 6:00-7:00PM Mike T | 1 | GRIT CARDIO 5:00-5:30PM Mike | 1 | | | | | | |
| *BODYFLOW 5:30-6:30PM Monica* | 4 | TKO-N-MORE 5:30-6:30PM Amy | 1 | CYCLING STRENGTH 5:30-6:30PM Jen | 3 | *BODYFLOW 30 5:10-5:40PM Monica* | 4 | | | | | | |
| ZUMBA 5:30-6:30PM Carla | 2 | HIIT 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 6:45-7:30PM 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***

## THE STUDIO AT COLONIAL FITNESS CENTER

## ZONE TEAM TRAINING SCHEDULE

| M | STUDIO | T | STUDIO | W | STUDIO | TH | STUDIO | F | STUDIO | SA | STUDIO | SU | STUDIO |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| VINYASA YOGA 8:30AM - 9:20AM | 2 | SYNRGY360 8:50AM - 9:20AM | | TRX CARDIO 9:30AM - 10:15AM | | SYNRGY360 8:50AM - 9:20AM | | | | VINYASA YOGA 8:00AM - 9:00AM | 2 | | |
| SYNRGY360 5:30PM - 6:00PM | | VINYASA BASICS 9:45AM - 10:45AM | 2 | SYNRGY360 5:30PM - 6:00PM | | VINYASA YOGA 9:45AM - 10:45AM | 2 | | | SYNRGY360 8:30AM - 9:00AM | | | |
| | | TRX CARDIO 4:30PM - 5:15PM | | | | TRX & MORE 4:30PM - 5:15PM | | | | | | | |
| | | VINYASA YOGA 5:30PM - 6:30PM | 2 | | | VINYASA YOGA 5:30PM - 6:30PM | 2 | | | | | | |

ZONE TEAM TRAINING IS A FEE-BASED PROGRAM FOR SMALL-GROUP PERSONAL TRAINING SESSIONS. PLEASE SEE A MEMBERSHIP CONSULTANT FOR DETAILS