


WINTER 2018/2019
GROUP FITNESS SCHEDULE
Effective December 2, 2018
FOR A FIT COMMUNITY

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M	T	W	TH	F	SA	SU
BODYSTEP 45 6:00-6:45AM Cheryl	CYCLING 45 6:00-6:45AM Karilyn/Lina	BODYPUMP&CX 6:00-7:00AM Jenn	CYCLING 45 6:00-6:45AM Kay	BODYPUMP 45 6:00-6:45AM Cheryl	GRIT STRENGTH 8:00-8:30AM Jerry	CYCLING 8:00-9:00AM Karilyn/Lina
1	3	1	3	1	1	1
1	CYCLING 45 8:45-9:30AM Lina	1	BODYPUMP 45 7:30-8:15AM Alison	1	CYCLING 8:00-9:00AM Bryon	BODYSTEP 45 8:30-9:15AM Denise
1	3	1	1	1	3	1
BODYPUMP 45 7:30-8:15AM Cheryl	LES MILLS BARRE 8:50-9:20AM Stef	BODYPUMP 8:30-9:30AM Andrea	HIIT THE BIKE 8:45-9:15AM Kay	BODYPUMP 8:30-9:30AM Brenda	CXWORX 8:30-9:00AM Brenda	BODYPUMP 45 9:20-10:05AM Kelly
2	4	1	3	1	1	1
BODYPUMP 8:30-9:30AM Alison	BODYCOMBAT 30 8:50-9:20AM Andrea	1	LES MILLS BARRE 8:50-9:20AM Amy	CXWORX 8:50-9:20AM Alison	BODYPUMP 9:10-10:10AM Bryon	BODYFLOW 10:10-11:10AM Kelly
1	1	1	1	4	1	4
CXWORX 8:50-9:20AM Kay	BODYFLOW 9:30-10:30AM Amy	CXWORX 8:50-9:20AM Alison	BODYFLOW 9:30-10:30AM Alison	STEP FREESTYLE 9:30-10:30AM Elaine	ZUMEA 30 9:10-9:40AM Brenda	BODYCOMBAT 10:10-11:10AM Ethe
4	4	4	4	1	2	1
STEP FREESTYLE 9:30-10:30AM Elaine	BODYPUMP 9:30-10:30AM Andrea	CYCLING STRENGTH 9:30-10:30AM Kay	BODYPUMP 9:30-10:30AM Amy	CYCLING INTERVAL 9:30-10:30AM Lina	BODYFLOW 9:15-10:15AM Alison&Mike	
1	1	3	1	3	4	
PILATES 9:30-10:30AM Stef	SILVER SNEAKERS 10:45-11:30AM Mitch	PILATES 9:30-10:30AM Stef	SILVER SNEAKERS 10:45-11:30AM Mitch	SENIOR YOGA 10:45-11:30AM Joanne (MAX. CAP. 40)	CYCLING INTERVAL 9:15-10:15AM Jerry	
4	1	2	1	1	3	
CYCLING ENDURANCE 9:30-10:30AM Kay		ZUMEA 9:30-10:30AM Amy			LES MILLS BARRE 9:45-10:15AM Elaine	
3		4			2	
ZUMEA 10:30-11:30AM Chastity		BODYSTEP 9:30-10:30AM Andrea			BODYCOMBAT 10:15-11:15 Mike	
2		1			1	
SILVER SNEAKERS 10:45-11:30 Mitch		SENIOR YOGA 10:45-11:30AM Joanne (MAX. CAP. 40)			SENIOR YOGA 11:30-12:15PM Joanne	
1		1			1	
CYCLING 12:05-1:00PM Cindy	LEAN BODY CONDITIONING 12:05-1:00PM Mitch	CYCLING 30 12:05-12:35PM Elaine	BODYPUMP 12:05-1:05PM Helen	BODYSTEP 30 4:25-4:55PM Cheryl	 <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>HAPPY HOLIDAYS FROM THE STAFF AT COLONIAL FITNESS!</p> <p>SHADED AREAS = NEW/CHANGE * = Attendance must improve for class to remain on schedule. Class format may change.</p>	
3	1	1	1	1		
BODYSTEP 4:30-5:30PM Bryon	CYCLING 4:30-5:30PM Cindy	BODYPUMP 4:30-5:30PM AnnMarie	BODYSTEP 30 4:25-4:55PM Cheryl	CYCLING 30 4:30-5:00PM Monica		
1	3	1	1	3		
BODYPUMP 5:30-6:30PM Brenda	GRIT PLYO 5:00-5:30PM Jerry	CXWORX 5:30-6:00PM Mike	CYCLING 30 4:30-5:00PM Monica	GRIT CARDIO 5:00-5:30PM Mike		
1	1	1	3	1		
CYCLING 45 ENDURANCE 5:30-6:15PM Karilyn	CXWORX 5:30-6:00PM Mike A	BODYCOMBAT 6:00-7:00PM Mike T	GRIT CARDIO 5:00-5:30PM Mike	BODYFLOW 30 5:10-5:40PM Monica		
3	4	1	1	4		
BODYFLOW 5:30-6:30PM Monica	TKO-II-MORE 5:30-6:30PM Amy	CYCLING STRENGTH 5:30-6:30PM Jen	BODYFLOW 30 5:10-5:40PM Monica	CYCLING 45 5:30-6:15PM Karilyn		
4	1	3	4	3		
ZUMEA 5:30-6:30PM Carla	HIIT THE BIKE 30 5:30-6:00PM Cindy	BODYFLOW 5:30-6:30PM Brenda	CYCLING 45 5:30-6:15PM Karilyn	BODYPUMP 30 5:30-6:00PM Kelly		
2	3	4	3	1		
BODYCOMBAT 6:35-7:35PM Kate/Kelly	BODYPUMP 6:40-7:40PM Denise	ZUMEA 5:30-6:30PM Carla	BODYPUMP 30 5:30-6:00PM Kelly	CXWORX* 6:05-6:35PM Kelly		
1	1	2	1	1		
STEP FREESTYLE 7:35-8:30PM Donna		STEP FREESTYLE 7:30-8:30PM Donna	CXWORX* 6:05-6:35PM Kelly	TKO 45* 6:45-7:30PM Ethe		
1		1	1	1		

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	T	W	TH	F	SA	SU
VINYASA YOGA 8:30AM - 9:20AM	SYNRGY360 8:50AM - 9:20AM	TRX CARDIO CIRCUIT 9:30AM - 10:00AM	SYNRGY360 8:50AM - 9:20AM		VINYASA YOGA 8:00AM - 9:00AM	
2					2	
SYNRGY360 5:30PM - 6:00PM	VINYASA BASICS 9:45AM - 10:45AM	SYNRGY360 5:30PM - 6:00PM	VINYASA YOGA 9:45AM - 10:45AM		SYNRGY360 8:30AM - 9:00AM	
	2		2			
	VINYASA YOGA 5:30-6:30pm		VINYASA YOGA 5:30-6:30PM			
	2		2			

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