

WINTER 2019
GROUP FITNESS SCHEDULE
Effective January 13, 2019
FOR A FIT COMMUNITY

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M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO	F	STUDIO	SA	STUDIO	SU	STUDIO
BODYPUMP 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	BODYPUMP 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	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 & STRENGTH 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 Mike	4		
PILATES 9:30-10:30AM Stef	4	SILVER SNEAKERS 10:45-11:30AM Mitch	1	NEW! YOGA ESSENTIALS 9:30-10:15AM Elaine	2	SILVER SNEAKERS 10:45-11:30AM Mitch	1	SENIOR YOGA 10:45-11:30AM Joanne (MAX. CAP. 40)	1	CYCLING ENDURANCE 9:15-10:15AM Alison	3		
CYCLING STRENGTH 9:30-10:30AM Kay	3			ZUMBA 9:30-10:30AM Amy	4					LES MILLS BARRE 9:45-10:15AM Elaine	2		
ZUMBA 10:30-11:30AM Chastity	2			BODYPUMP 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					SENIOR YOGA 11:30-12:15AM Joanne (MAX. CAP. 40)	1		

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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	3	BODYPUMP 45 12:05-12:50PM Helen	1
BODYPUMP 4:30-5:30PM Bryon	1	CYCLING 4:30-5:30PM Cindy	3	BODYPUMP 4:30-5:30PM AnnMarie	1	BODYPUMP 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	ZUMBA 5:30-6:30PM Carla	2	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	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	BODYCOMBAT 6:00-7:00PM Mike	1	BODYPUMP 30 5:30-6:00PM Kelly	1
STEP FREESTYLE 7:35-8:30PM Donna	1					CXWORX* 6:00-6:30PM Kelly	1



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 Fory, Group Fitness Director, 610-777-7801, efory@chbsports.com

HAPPY NEW YEAR!

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
BODYPUMP

Les Mills
CXWORX

Les Mills
GRIT