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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 CARDIO 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	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 8:50-9:30AM 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 Elaine	1
STEP FREESTYLE 9:30-10:30AM Elaine	1	BODYPUMP 9:30-10:30AM Andrea	1	CYCLING ENDURANCE 9:30-10:30AM Kay	3	BODYPUMP 9:30-10:30AM Amy	1	CYCLING STRENGTH 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	ZUMBA 9:30-10:30AM Amy	4	SILVER SNEAKERS 10:45-11:30AM Mitch	1	YOGA FLOW w/ CHAIR 10:45-11:40AM Joanne (MAX. CAP. 40)	1	CYCLING STRENGTH 9:15-10:15AM Alison	3		
CYCLING INTERVAL 9:30-10:30AM Kay	3			BODYPUMP 9:30-10:30AM Andrea	1			SILVER SNEAKERS YOGA 12:00-12:45PM Joanne (MAX. CAP. 40)	1	BARRE NONE 9:45-10:30AM Elaine	2		
ZUMBA 10:30-11:30AM Chastity	2			YOGA FLOW w/ CHAIR 10:45-11:40AM Joanne (MAX. CAP. 40)	1					BODYCOMBAT 10:15-11:15 Mike	1		
SILVER SNEAKERS 10:45-11:30 Mitch	1			SILVER SNEAKERS YOGA 12:00-12:45PM Joanne (MAX. CAP. 40)	1					YOGA FLOW w/ CHAIR 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 STRENGTH 5:00-5:30PM Jerry	1	CXWORX 5:30-6:00PM Mike	1	CYCLING 30 4:30-5:00PM Monica	3
CYCLING 45 INTERVAL 5:30-6:15PM Karilyn	3	CXWORX 5:30-6:00PM Mike A	4	ZUMBA 5:30-6:30PM Carla	2	GRIT PLYO 5:00-5:30PM Mike	1
BODYFLOW 5:30-6:30PM Monica	4	TKO-n-MORE 5:30-6:30PM Amy	1	CYCLING ENDURANCE 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	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 CHBSPTS 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
BODYPUMP

Les Mills
CXWORX

Les Mills
GRIT