


Colonial Fitness
Summer Group Fitness Schedule
Effective June 2, 2019

	M	T	W	TH	F	SA	SU
MORNING	BODYSTEP 45 6:00-6:45AM Cheryl	CYCLING 45 6:00-6:45AM Karilyn/Jenn	BODYPUMP 45 6:00-6:45AM Cheryl	CYCLING 45 6:00-6:45AM Kay	BODYPUMP&CX 6:00-7:00AM Jenn	GRIT CARDIO 8:00-8:30AM Jerry	CYCLING 8:00-9:00AM Karilyn/Lina
	FITNESS FUSION LITE 7:30-8:15AM Shelley	CYCLING 45 8:45-9:30AM Lina	FITNESS FUSION LITE 7:30-8:15AM Karen	BODYPUMP 45 7:30-8:15AM Alison	FITNESS FUSION LITE 7:30-8:15AM Karen	CYCLING 8:00-9:00AM Bryon	BODYSTEP 45 8:30-9:15AM Denise
	BODYPUMP 45 7:30-8:15AM Cheryl	LES MILLS BARRE 8:50-9:20AM Stef	BODYPUMP 8:30-9:30AM Andrea	HIT THE BIKE 8:45-9:15AM Kay	BODYFLOW 7:30-8:30AM Alison	CXWORX 8:30-9:00AM Brenda	BODYPUMP 45 9:20-10:05AM Kelly
	BODYPUMP 8:30-9:30AM Alison	BODYCOMBAT 30 8:50-9:20AM Andrea	FITNESS FUSION 8:30-9:30AM Karen	LES MILLS BARRE 8:50-9:20AM Amy	BODYPUMP 8:30-9:30AM Brenda	BODYPUMP 9:10-10:10AM Bryon	BODYFLOW 10:10-11:10AM Kelly
	CXWORX 8:50-9:20AM Kay	BODYFLOW 9:30-10:30AM Amy	CXWORX 8:50-9:20AM Alison	BODYFLOW 9:30-10:30AM Alison	CXWORX 8:50-9:20AM Alison	ZUMEA 30 9:10-9:40AM Brenda	BODYCOMBAT 10:10-11:10AM Ethe
	STEP FREESTYLE 9:30-10:30AM Elaine	BODYPUMP 9:30-10:30AM Andrea	CYCLING ENDURANCE 9:30-10:30AM Kay	BODYPUMP 9:30-10:30AM Amy	STEP FREESTYLE 9:30-10:30AM Elaine	BODYFLOW 9:15-10:15AM Mike	
	PILATES 9:30-10:30AM Stef	SILVER SNEAKERS 10:45-11:30AM Mitch	ZUMEA 9:30-10:30AM Amy	SILVER SNEAKERS 10:45-11:30AM Mitch	CYCLING STRENGTH 9:30-10:30AM Lina	CYCLING STRENGTH 9:15-10:15AM Alison	
	CYCLING INTERVAL 9:30-10:30AM Kay		BODYSTEP 9:30-10:30AM Andrea		YOGA FLOW w/ CHAIR 10:45-11:40AM Joanne (MAX. CAP. 40)	BARRE NONE 9:45-10:40AM Elaine	
	ZUMEA 10:30-11:30AM Amy		YOGA FLOW w/ CHAIR 10:45-11:40AM Joanne (MAX. CAP. 40)			BODYCOMBAT 10:15-11:15 Mike	
	SILVER SNEAKERS 10:45-11:30 Mitch					YOGA FLOW w/ CHAIR 11:30-12:25AM Joanne (MAX. CAP. 40)	

NOON / EVENING	CYCLING 12:05-1:00PM Cindy	ACTIVE AGING CYCLING 12:00-12:30PM Joanne	CYCLING 30 12:05-12:35PM Elaine	ACTIVE AGING CYCLING 12:00-12:30PM Joanne
	BODYSTEP 4:30-5:30PM Bryon	LEAN BODY CONDITIONING 12:05-1:00PM Mitch	BODYPUMP 4:30-5:30PM AnnMarie	BODYPUMP 45 12:05-12:50PM Helen
	BODYPUMP 5:30-6:30PM Brenda	CYCLING 4:30-5:30PM Cindy	CXWORX 5:30-6:00PM Mike	BODYSTEP 30* 4:25-4:55PM Cheryl
	CYCLING 45 INTERVAL 5:30-6:15PM Karilyn	GRIT STRENGTH 5:00-5:30PM Jerry	ZUMEA 5:30-6:30PM Carla	GRIT ATHLETIC 5:00-5:30PM Mike
	BODYFLOW 5:30-6:30PM Monica	CXWORX 5:30-6:00PM Mike A	CYCLING ENDURANCE 5:30-6:30PM Jen	CYCLING 45 5:30-6:15PM Karilyn
	ZUMEA 5:30-6:30PM Carla	TKO-N-MORE 5:30-6:30PM Amy	BODYFLOW 5:30-6:30PM Brenda	BODYPUMP45/CX15 5:30-6:30PM Kelly
BODYCOMBAT 6:55-7:55PM Kate	BODYPUMP 6:40-7:40PM Denise	BODYCOMBAT 6:00-7:00PM Mike		



FOR A FIT & HEALTHY COMMUNITY
Please note . . .

During the busy summer vacation months we strive to offer all classes listed on the schedule. However, there may be times when a modified schedule is necessary. Format may change or class canceled depending on instructor availability.

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
BODYSTEP

Les Mills
CXWORX

Les Mills
GRIT