


**Colonial Fitness**  
**Fall Group Fitness Schedule**  
**Effective September 1, 2019**

M O R N I N G	M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO	F	STUDIO	SA	STUDIO	SU	STUDIO
	FITNESS FUSION LITE 7:30-8:15AM Shelley	1	<b>CYCLING 45</b> 6:00-6:45AM Karlynn/Lina	3	<b>BODYPUMP 45</b> 6:00-6:45AM Cheryl	1	CYCLING 45 6:00-6:45AM Kay	3	<b>BODYPUMP&amp;LMCore</b> 6:00-7:00AM Jenn	1	<b>GRIT CARDIO</b> 8:00-8:30AM Mike	1	CYCLING 8:00-9:00AM Lina/Mike	3
	<b>BODYPUMP 45</b> 7:15-8:00AM Cheryl	2	CYCLING 45 8:45-9:30AM Lina	3	FITNESS FUSION LITE 7:30-8:15AM Karen	1	<b>BODYPUMP 45</b> 7:30-8:15AM Alison	1	FITNESS FUSION LITE 7:30-8:15AM Karen	1	CYCLING 8:00-9:00AM Bryon	3	<b>BODYSTEP 45</b> 8:30-9:15AM Denise	1
	<b>BODYPUMP</b> 8:30-9:30AM Alison	1	<b>LES MILLS BARRE</b> 8:50-9:20AM Stef	4	<b>BODYPUMP</b> 8:30-9:30AM Alison	1	<b>HIT THE BIKE</b> 8:45-9:15am Kay	3	<i>BODYFLOW</i> 7:30-8:30AM Alison	4	<b>LES MILLS CORE</b> 8:30-9:00AM Brenda	1	<b>BODYPUMP 45</b> 9:20-10:05AM Kelly	1
	<b>LES MILLS CORE</b> 8:50-9:20AM Kay	4	<b>BODYCOMBAT 30</b> 8:50-9:20AM Andrea	1	FITNESS FUSION 8:30-9:30AM Karen	2	<b>LES MILLS BARRE</b> 8:50-9:20AM Amy	1	<b>BODYPUMP</b> 8:30-9:30AM Brenda	1	<b>BODYPUMP</b> 9:10-10:10AM Bryon	1	<i>BODYFLOW</i> 10:10-11:10AM Kelly	4
	<b>STEP FREESTYLE</b> 9:30-10:30AM Elaine	1	<i>BODYFLOW</i> 9:30-10:30AM Amy	4	<b>LES MILLS CORE</b> 8:50-9:20AM Elaine	4	<i>BODYFLOW</i> 9:30-10:30AM Alison	4	<b>LES MILLS CORE</b> 8:50-9:20AM Alison	4	<b>ZUMEA 30</b> 9:10-9:40AM Brenda	2	<b>BODYCOMBAT</b> 10:10-11:10AM Ethe	1
	<i>PILATES</i> 9:30-10:30AM Stef	4	<b>BODYPUMP</b> 9:30-10:30AM Andrea	1	CYCLING ENDURANCE 9:30-10:30AM Kay	3	<b>BODYPUMP</b> 9:30-10:30AM Amy	1	<b>STEP FREESTYLE&amp;LMCore</b> 9:30-10:30AM Elaine	1	<i>BODYFLOW</i> 9:15-10:15AM Mike	4		
	CYCLING INTERVAL 9:30-10:30AM Kay	3	SILVER SNEAKERS 10:45-11:30AM Mitch	1	<b>ZUMEA</b> 9:30-10:30AM Amy	4	SILVER SNEAKERS 10:45-11:30AM Mitch	1	CYCLING STRENGTH 9:30-10:30AM Lina	3	CYCLING STRENGTH 9:15-10:15AM Alison	3		
SILVER SNEAKERS 10:45-11:30 Mitch	1			<b>BODYSTEP</b> 9:30-10:30AM Andrea	1			YOGA FLOW w/ CHAIR 10:45-11:40AM Joanne (MAX. CAP. 40)	1	<b>BARRE NONE</b> 9:45-10:40AM Elaine	2			
				YOGA FLOW w/ CHAIR 10:45-11:40AM Joanne (MAX. CAP. 40)	1					<b>BODYCOMBAT</b> 10:15-11:15 Mike	1			
										YOGA FLOW w/ CHAIR 11:30-12:25AM Joanne (MAX. CAP. 40)	1			

N O N / E V E N I N G	CYCLING	3	ACTIVE AGING CYCLING	3	CYCLING 30	3	ACTIVE AGING CYCLING	3	 <p><b>LES MILLS CORE LAUNCH - Labor Day at 8:30 a.m.</b> Studio 4 w/ Alison &amp; Elaine <b>BODYCOMBAT LAUNCH - Sunday 9/8 at 10:10 a.m.</b> Studio 1 w/ Ethe, Kate &amp; Susan <b>GRIT ATHLETIC LAUNCH - Thursday 9/19 at 5:30 p.m.</b> Studio 1 w/ Jerry &amp; Susan</p> <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 Questions? Contact Elaine Forry, Group Fitness Director 610-777-7801, eforry@chbsports.com</p> <p><b>SHADED AREAS = NEW/CHANGE</b> * = Attendance must improve for class to remain on schedule. Class format may change.</p>											
	CYCLING 12:05-1:00PM Cindy	3	ACTIVE AGING CYCLING 12:00-12:30PM Joanne	3	CYCLING 30 12:05-12:35PM Elaine	3	ACTIVE AGING CYCLING 12:00-12:30PM Joanne	3												
	<b>BODYSTEP</b> 4:30-5:30PM Bryon	1	LEAN BODY CONDITIONING 12:05-1:00PM Mitch	1	<b>BODYPUMP</b> 4:30-5:30PM Kristen	1	<b>BODYPUMP 45</b> 12:05-12:50PM Helen	1												
	<b>BODYPUMP</b> 5:30-6:30PM Brenda	1	CYCLING 4:30-5:30PM Cindy	3	<b>LES MILLS CORE</b> 5:30-6:00PM Mike	1	<b>BODYSTEP</b> 4:30-5:30PM Cheryl	1												
	CYCLING 45 INTERVAL 5:30-6:15PM Karlynn	3	<b>GRIT STRENGTH</b> 5:00-5:30PM Susan	1	<b>ZUMEA</b> 5:30-6:30PM Carla	2	<b>GRIT ATHLETIC</b> 5:30-6:00PM Jerry	1												
	<i>BODYFLOW</i> 5:30-6:30PM Monica	4	<b>LES MILLS CORE</b> 5:30-6:00PM Mike A	4	CYCLING ENDURANCE 5:30-6:30PM Jen	3	CYCLING 45 5:30-6:15PM Karlynn	3												
	<b>ZUMEA</b> 5:30-6:30PM Carla	2	<b>TKO-N-MORE</b> 5:30-6:30PM Amy	1	<i>BODYFLOW</i> 5:30-6:30PM Brenda	4	<b>LES MILLS CORE</b> 6:00-6:30PM Mike	1												
<b>BODYCOMBAT</b> 6:35-7:35PM Kate	1	<b>BODYPUMP</b> 6:40-7:40PM Denise	1	<b>BODYCOMBAT</b> 6:00-7:00PM Mike	1															

**Les Mills**  
**BARRE**

**Les Mills**  
**BODYCOMBAT**

**Les Mills**  
**BODYFLOW**

**Les Mills**  
**BODYPUMP**

**Les Mills**  
**BODYSTEP**

**Les Mills**  
**CORE**

**Les Mills**  
**GRIT**