


Colonial Fitness
Summer Group Fitness Schedule
Effective August 4, 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	CYCLING 45 6:00-6:45AM Karlynn/Jenn	3	BODYPUMP 45 6:00-6:45AM Cheryl	1	CYCLING 45 6:00-6:45AM Kay	3	BODYPUMP&LMCore 6:00-7:00AM Jenn	1	GRIT STRENGTH 8:00-8:30AM Jerry	1	CYCLING 8:00-9:00AM Lina/Mike	1
	BODYPUMP 45 7:30-8:15AM Cheryl	2	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	BODYSTEP 45 8:30-9:15AM Denise	1
	BODYPUMP 8:30-9:30AM Alison	1	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	<i>BODYFLOW</i> 7:30-8:30AM Alison	4	LES MILLS CORE 8:30-9:00AM Brenda	1	BODYPUMP 45 9:20-10:05AM Kelly	1
	LES MILLS CORE 8:50-9:20AM Kay	4	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	BODYPUMP 8:30-9:30AM Brenda	1	BODYPUMP 9:10-10:10AM Bryon	1	<i>BODYFLOW</i> 10:10-11:10AM Kelly	4
	STEP FREESTYLE 9:30-10:30AM Elaine	1	<i>BODYFLOW</i> 9:30-10:30AM Amy	4	LES MILLS CORE 8:50-9:20AM Alison	4	<i>BODYFLOW</i> 9:30-10:30AM Alison	4	LES MILLS CORE 8:50-9:20AM Alison	4	ZUMBA 30 9:10-9:40AM Brenda	2	BODYCOMBAT 10:10-11:10AM Ethe	1
	<i>PILATES</i> 9:30-10:30AM Stef	4	BODYPUMP 9:30-10:30AM Andrea	1	CYCLING STRENGTH 9:30-10:30AM Kay	3	BODYPUMP 9:30-10:30AM Amy	1	STEP FREESTYLE&LMCore 9:30-10:30AM Elaine	1	<i>BODYFLOW</i> 9:15-10:15AM Mike	4		
	CYCLING ENDURANCE 9:30-10:30AM Kay	3	SILVER SNEAKERS 10:45-11:30AM Mitch	1	ZUMBA 9:30-10:30AM Amy	4	SILVER SNEAKERS 10:45-11:30AM Mitch	1	CYCLING INTERVAL 9:30-10:30AM Lina	3	CYCLING INTERVAL 9:15-10:15AM Alison	3		
	ZUMBA* 10:30-11:30AM Amy	2			BODYSTEP 9:30-10:30AM Andrea	1			YOGA FLOW w/ CHAIR 10:45-11:40AM Joanne (MAX. CAP. 40)	1	BARRE NONE 9:45-10:40AM Elaine	2		
	SILVER SNEAKERS 10:45-11:30 Mitch	1			YOGA FLOW w/ CHAIR 10:45-11:40AM Joanne (MAX. CAP. 40)	1					BODYCOMBAT 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 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	 <p>COLONIAL FITNESS <small>encompassing all fitness centers</small></p> <p>CXWORX is now LES MILLS CORE - Same great class with a new name!</p> <p><i>Please note . . .</i></p> <p>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.</p> <p>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</p> <p>SHADED AREAS = NEW/CHANGE</p> <p>* = Attendance must improve for class to remain on schedule. Class format may change.</p>	
	BODYSTEP 4:30-5:30PM Bryon	1	LEAN BODY CONDITIONING 12:05-1:00PM Mitch	1	BODYPUMP 4:30-5:30PM AnnMarie	1	BODYPUMP 45 12:05-12:50PM Helen	1						
	BODYPUMP 5:30-6:30PM Brenda	1	CYCLING 4:30-5:30PM Cindy	3	LES MILLS CORE 5:30-6:00PM Mike	1	BODYSTEP 30 4:25-4:55PM Cheryl	1						
	CYCLING 45 ENDURANCE 5:30-6:15PM Karlynn	3	GRIT ATHLETIC 5:00-5:30PM Jerry	1	ZUMBA 5:30-6:30PM Carla	2	GRIT CARDIO 5:00-5:30PM Mike	1						
	<i>BODYFLOW</i> 5:30-6:30PM Monica	4	LES MILLS CORE 5:30-6:00PM Mike A	4	CYCLING STRENGTH 5:30-6:30PM Jen	3	CYCLING 45 5:30-6:15PM Karlynn	3						
	ZUMBA 5:30-6:30PM Carla	2	TKO-N-MORE 5:30-6:30PM Amy	1	<i>BODYFLOW</i> 5:30-6:30PM Brenda	4	BODYPUMP45LMCORE15 5:30-6:30PM Kelly	1						
	BODYCOMBAT 6:35-7:35PM Kate	1	BODYPUMP 6:40-7:40PM Denise	1	BODYCOMBAT 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