



**Colonial Fitness**  
**Spring Group Fitness Schedule**  
**Effective March 1, 2020**

M O R N I N G	M	T	W	TH	F	SA	SU							
	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO							
	FITNESS FUSION LITE 7:30-8:15AM Shelley	1	CYCLING 45 6:00-6:45AM Karilyn	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 Jamie	1	<b>BODYSTEP 45</b> 8:30-9:15AM Denise	1
	<b>BODYPUMP 45</b> 7:15-8:00AM Cheryl	2	CYCLE 45 8:45-9:30AM Kay	3	FITNESS FUSION LITE 7:30-8:15AM Karen	1	<b>BODYPUMP 45</b> 7:30-8:15AM Jenn	1	FITNESS FUSION LITE 7:30-8:15AM Karen	1	CYCLING 8:00-9:00AM Bryon	3	CYCLING 8:45-9:45AM Ethe	3
	<b>STRONG &amp; LES MILLS CORE</b> 8:30-9:20AM Elaine	1	<b>BODYCOMBAT 30</b> 8:50-9:30AM Andrea	1	<b>BODYPUMP*</b> 8:30-9:30AM Stacey	1	<b>HIT THE BIKE</b> 8:45-9:15am Kay	3	<b>BODYPUMP</b> 8:30-9:30AM Brenda	1	<b>LES MILLS CORE</b> 8:30-9:00AM Brenda	4	<b>BODYPUMP 45</b> 9:20-10:05AM Kelly	1
	<b>STEP FREESTYLE</b> 9:30-10:30AM Elaine	1	<b>BODYFLOW</b> 9:30-10:30AM Amy B	4	FITNESS FUSION 8:30-9:30AM Karen	2	<b>LES MILLS BARRE</b> 8:50-9:20AM Amy B	1	<b>LES MILLS CORE</b> 8:50-9:20AM Elaine	4	<b>BODYSTEP 45 NEW!</b> 8:30-9:15AM Amy C	1	<b>BODYFLOW</b> 10:10-11:10AM Kelly	4
	<b>PILATES</b> 9:30-10:30AM Stef	4	<b>BODYPUMP</b> 9:30-10:30AM Andrea	1	<b>LES MILLS CORE</b> 8:50-9:20AM Elaine	4	<b>MINDBODY FLOW</b> 9:30-10:30AM Joanne	4	<b>STEP FREESTYLE</b> 9:30-10:30AM Elaine	1	<b>BODYPUMP</b> 9:20-10:20AM Bryon	1	<b>BODYCOMBAT</b> 10:10-11:10AM Ethe	1
	CYCLING 45 INTERVAL 9:30-10:15AM Elena	3	<b>SILVER SNEAKERS</b> 10:45-11:30AM Mitch	1	CYCLING ENDURANCE 9:30-10:30AM Kay	3	<b>BODYPUMP</b> 9:30-10:30AM Amy B	1	CYCLING STRENGTH 45 9:30-10:15AM Joanne	3	<b>ZUMBA 30</b> 9:10-9:40AM Brenda	2	CYCLING 45** (BI-WEEKLY CLASS) 11:00-11:45AM Joanne	3
	<b>SILVER SNEAKERS</b> 10:45-11:30 Mitch	1			<b>ZUMBA</b> 9:30-10:30AM Amy B	4	<b>SILVER SNEAKERS</b> 10:45-11:30AM Mitch	1	<b>YOGA FLOW w/ CHAIR</b> 10:45-11:40AM Joanne (MAX. CAP. 40)	1	<b>BODYFLOW</b> 9:15-10:15AM Donna	4	<b>(Check class dates listed below.)</b>	
					<b>BODYSTEP</b> 9:30-10:30AM Andrea	1				CYCLING INTERVAL 9:15-10:15AM Karilyn	3			
				<b>YOGA FLOW w/ CHAIR</b> 10:45-11:40AM Joanne (MAX. CAP. 40)	1				<b>BARRE NONE</b> 9:45-10:45AM Elaine	2				
									<b>BODYCOMBAT</b> 10:20-11:20 Mike	1				
									<b>YOGA FLOW w/ CHAIR</b> 11:30-12:25AM Joanne (MAX.CAP. 40)	1				

N O O N / E V E N I N G	M	T	W	TH	 				
	STUDIO	STUDIO	STUDIO	STUDIO					
	CYCLING 12:05-1:00PM Cindy	3	ACTIVE AGING CYCLING 12:00-12:30PM Joanne	3	<b>YOGA FLOW w/ CHAIR</b> 12:00-12:55PM Joanne	1	ACTIVE AGING CYCLING 12:00-12:30PM Joanne	3	<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><b>Shaded area = New/Change</b> *Attendance must improve to remain on schedule **Sunday 11 a.m. Cycle 45 - March 1, 15 &amp; 29</p>
	<b>BODYSTEP</b> 4:30-5:30PM Bryon	1	LEAN BODY CONDITIONING 12:05-1:00PM Mitch	1	CYCLING 30 12:05-12:35PM Elaine	3	<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>BODYPUMP</b> 4:30-5:30PM Kristen/AnnMarie	1	<b>GRIT ATHLETIC</b> 5:30-6:00PM Jerry	1	
	CYCLING 45 INTERVAL 5:30-6:15PM Karilyn	3	<b>GRIT STRENGTH</b> 5:00-5:30PM Susan	1	<b>LES MILLS CORE</b> 5:30-6:00PM Mike	1	CYCLING 45 5:30-6:15PM Karilyn	3	
	<b>BODYFLOW</b> 5:30-6:30PM Monica	4	<b>LES MILLS CORE</b> 5:30-6:00PM Jenn	4	<b>ZUMBA</b> 5:30-6:30PM Carla	2	<b>BODYPUMP 45</b> 6:00-6:45PM Kelly	1	
	<b>ZUMBA</b> 5:30-6:30PM Carla	2	<b>TKO BAG 45</b> 5:45-6:50PM Amy/Ethe	1	CYCLING STRENGTH 5:30-6:30PM Jen	3			
	<b>BODYCOMBAT</b> 6:35-7:35PM Kate	1	<b>BODYPUMP</b> 6:40-7:40PM Denise	1	<b>BODYFLOW</b> 5:30-6:30PM Brenda	4			
					<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**