

EFFECTIVE
MARCH 7, 2022

COLONIAL FITNESS

2022 GROUP FITNESS SCHEDULE

chbsports.com
610-777-7801

M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO	F	STUDIO	SA	STUDIO	SU	STUDIO
FITNESS FUSION LITE 45 7:30-8:15AM SHELLEY	1	BODYPUMP 6:00-7:00AM TINA	1	FITNESS FUSION 8:30-9:30AM KAREN	2	BODYPUMP 6:00-7:00 AM CHERYL	1	CYCLE 45 6:00-6:45AM TINA	3	CYCLE 8:00-9:00AM BRYON	3	CYCLE 45 8:30-9:15AM DAVE	3
PILATES 60 8:30-9:30AM MARILYNE	4	FATBURNER 45 8:30-9:15AM CHRIS	1	CORE 30 8:45-9:15AM ANDREA	1	FATBURNER 45 8:30-9:15AM CHRIS	1	FITNESS FUSION LITE 45 7:30-8:15AM KAREN	1	CORE 30 8:30-9:00AM BRENDA	1	BODYPUMP 45 9:30-10:15AM AMY B.	1
ZUMBA 60 8:30-9:30AM KAREN	2	CYCLE 45 8:45-9:30AM KAY	3	CYCLE 45 9:30-10:15AM KAY	3	CYCLE 45 8:45-9:30AM KAY	3	BODYPUMP 8:30-9:30AM BRENDA	1	BODYPUMP 9:15-10:15AM BRYON	1	ZUMBA 45 10:20-11:15AM AMY B.	1
CORE 30 8:45-9:15AM ANDREA	1	BODYPUMP 9:30-10:30AM ANDREA	1	BODYSTEP 9:30-10:30AM ANDREA	1	BODYFLOW 9:30-10:30AM JOANNE	4	BODYSTEP 55 9:35-10:30AM MARILYNE	1	VINYASA YOGA 9:15-10:15AM BRENDA	4		
BODYCOMBAT 45 9:30-10:15AM ANDREA	1	BODYFLOW 9:30-10:30AM DESTINY	4	ZUMBA GOLD 9:30-10:30AM JOY	2	SILVER SNEAKERS 45 10:45-11:30AM MITCH	1	CYCLE 45 9:30-10:15AM KARILYN	3	BODYCOMBAT 10:30-11:30AM KATE / MIKE	1		
CYCLE 45 9:30-10:15AM JOANNE	3	SILVER SNEAKERS 45 10:45-11:30AM MITCH	1	YOGA-FLOW w/ CHAIR 10:45-11:45AM JOANNE	1	CYCLE 45 12:00-12:45 PM DAVE	3	YOGA-FLOW w/ CHAIR 10:45-11:45AM JOANNE					
SILVER SNEAKERS CHAIR YOGA 9:30-10:15AM KAREN / AMY L.	2	CYCLE 45 12:00-12:45 PM CINDY	3										
SILVER SNEAKERS 45 10:45-11:30AM MITCH	1												
M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO						
RIPPED 4:45-5:30PM AMY L.	1	CYCLE 45 4:30-5:15PM CINDY	3	BODYPUMP 5:00-6:00 PM CHERYL	1	GRIT 30 5:00-5:30PM JERRY	1						
CYCLE 45 5:30-6:15PM KARILYN	3	CORE 30 5:00-5:30PM JENN	1	CYCLE 45 5:30-6:15PM KARILYN	3	BODYSTEP 5:35-6:30PM CHERYL	1						
BODYPUMP 5:35-6:30PM BRENDA	1	ZUMBA 5:30-6:30PM AMY L.	2	BODYCOMBAT 6:00-7:00PM MIKE	1								
BODYFLOW 6:00-7:00PM AMY B.	4	KICKBOXING w/BAG 50 5:40-6:30PM AMY B.	1	VINYASA YOGA 6:00-7:00PM BRENDA	4								

This schedule is subject to change without notice. We suggest subscribing to our text alert by texting via your smartphone to: 84483 the keyword **CHBSPORTS**. This alert will notify all subscribers of any last minute changes/cancellations or weather alerts.

For questions regarding group exercise program, please contact:
Joanne Ewing (Fitness Director)
Phone: 610-777-7801 or Email: jewing@chbsports.com

* **Yellow-Flagged for possible cancellation**

Shaded areas = new class or change to existing class (4 week trial basis)

