

EFFECTIVE
MARCH 1, 2023

COLONIAL FITNESS 2023 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 60 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	GRIT 30 8:00-8:30 AM DUANE/JERRY SUSAN	1	BODYPUMP 45 9:30-10:15AM AMY B.	1
ZUMBA 60 8:30-9:30AM KAREN	2	CYCLE 45 8:45-9:30 AM 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	CORE 30 8:30-9:00AM BRENDA	1		
BODYPUMP 8:30-9:30AM ANDREA	1	CORE 45 9:30-10:15 AM AMY L.	1	BODYSTEP 9:30-10:30AM ANDREA	1	BODYBALANCE 9:30-10:30AM JOANNE	4	PILATES 8:30-9:15 AM MARILYNE	4	SPRINT 30 9:15-9:45 AM DESTINY	3		
BODYCOMBAT 45 9:30-10:15AM ANDREA	1	BODYBALANCE 9:30-10:30AM DESTINY	4	ZUMBA GOLD 9:30-10:30AM JOY	2	SILVER SNEAKERS CLASSIC 10:45-11:30AM MITCH	1	BODYSTEP 55 9:35-10:30AM MARILYNE	1	BODYPUMP 9:15-10:15AM BRYON	1		
CYCLE 45 9:30-10:15AM CINDY	3	SILVER SNEAKERS CIRCUIT 10:45-11:30AM AMY L.	1	YOGA-FLOW w/ CHAIR 10:45-11:45AM JOANNE	1	CYCLE 45 12:00-12:45 PM DAVE	3	CYCLE 45 9:30-10:15AM DESTINY	3	VINYASA YOGA 9:15-10:15AM BRENDA	4		
SILVER SNEAKERS CHAIR YOGA 9:30-10:15AM KAREN	2	CYCLE 45 12:00-12:45 PM CINDY	3					YOGA-FLOW w/ CHAIR 10:45-11:45AM AMY L.	1	BODYCOMBAT 10:30-11:30AM KATE N.	1		
SILVER SNEAKERS CLASSIC 10:45-11:30AM MITCH	1												
M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO						
BODYSTEP 45 4:45-5:30PM KATHY	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	ZUMBA 5:30-6:30 PM AMY B.	2						
BODYPUMP 5:35-6:30PM BRENDA	1	KICKBOXING w/BAG 50 5:40-6:30PM AMY B.	1	BODYCOMBAT 6:00-7:00PM KATE N.	1	BODYSTEP 5:35-6:30PM KATHY	1						
BODYBALANCE 6:00-7:00PM AMY B.	4	SPRINT 30 5:45-6:15 PM JENN	3	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-Heffner (Fitness Director)
Phone: 610-777-7801 or Email: jewing@chbsports.com

* Yellow-Flagged for possible cancellation due to low participation.

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

