

Colonial Fitness
Winter Group Fitness Schedule
Effective January 20-February 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	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 ATHLETIC 8:00-9:30AM Mike A	1	CYCLING 45 8:15-9:00AM Mike A	3
	BODYPUMP 45 7:15-8:00AM Cheryl	2	CYCLE 45 8:45-9:30AM Kay	3	FITNESS FUSION LITE 7:30-8:15AM Karen	1	BODYPUMP 45 7:30-8:15AM Jenn	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 8:30-9:20AM Alison	1	BODYCOMBAT 30 8:50-9:30AM Andrea	1	BODYPUMP* 8:30-9:30AM Stacey	1	HIT THE BIKE 8:45-9:15AM Kay	3	BODYPUMP 8:30-9:30AM Brenda	1	LES MILLS CORE 8:30-9:00AM Brenda	1	BODYPUMP 45 9:20-10:05AM Kelly	1
	LES MILLS CORE 8:50-9:20AM Elaine	4	BODYFLOW 9:30-10:30AM Amy	4	FITNESS FUSION 8:30-9:30AM Karen	2	LES MILLS BARRE 8:50-9:20AM Amy	1	LES MILLS CORE 8:50-9:20AM Elaine	4	BODYPUMP 9:10-10:10AM Bryon	1	BODYFLOW 10:10-11:10AM Kelly	4
	STEP FREESTYLE 9:30-10:30AM Elaine	1	BODYPUMP 9:30-10:30AM Andrea	1	LES MILLS CORE 8:50-9:20AM Elaine	4	MINDBODY FLOW 9:30-10:30AM Joanne	4	STEP FREESTYLE 9:30-10:30AM Elaine	1	ZUMBA 30 9:10-9:40AM Brenda	2	BODYCOMBAT 10:10-11:10AM Etke	1
	PILATES 9:30-10:30AM Stef	4	SILVER SNEAKERS 10:45-11:30AM Mitch	1	CYCLING INTERVAL 9:30-10:30AM Kay	3	BODYPUMP 9:30-10:30AM Amy	1	CYCLING 45 ENDURANCE 9:30-10:15AM Joanne	3	BODYFLOW 9:15-10:15AM Mike	4	CYCLING 45** (BI-WEEKLY CLASS) 11:00-11:45AM Joanne	3
	CYCLING STRENGTH 45 9:30-10:15AM Alison	3		ZUMBA 9:30-10:30AM Amy E	4	SILVER SNEAKERS 10:45-11:30AM Mitch	1	YOGA FLOW w/ CHAIR 10:45-11:40AM Joanne (MAX. CAP. 40)	1	CYCLING ENDURANCE 9:15-10:15AM Karilyn	3		(Check class dates listed below.)	
	SILVER SNEAKERS 10:45-11:30 Mitch	1		BODYSTEP 9:30-10:30AM Andrea	1				BARRE NONE 9:45-10:45AM Elaine	2				
			YOGA FLOW w/ CHAIR 10:45-11:40AM Joanne (MAX. CAP. 40)	1				BODYCOMBAT 10:15-11:15 Mike T	1					
								YOGA FLOW w/ CHAIR 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	YOGA FLOW w/ CHAIR LITE 12:00-12:40PM Joanne	1	ACTIVE AGING CYCLING 12:00-12:30PM Joanne	3
	BODYSTEP 4:30-5:30PM Bryon	1	LEAN BODY CONDITIONING 12:05-1:00PM Mitch	1	CYCLING 30 12:05-12:35PM Elaine	3	BODYPUMP 45 12:05-12:50PM Helen	1
	BODYPUMP 5:30-6:30PM Brenda	1	CYCLING 4:30-5:30PM Cindy	3	BODYPUMP 4:30-5:30PM Kristen/AnnMarie	1	GRIT STRENGTH 5:30-6:00PM Jerry	1
	CYCLING STRENGTH 45 5:30-6:15PM Karilyn	3	GRIT CARDIO 5:00-5:30PM Susan	1	LES MILLS CORE 5:30-6:00PM Mike T	1	CYCLING 45 5:30-6:15PM Karilyn	3
	BODYFLOW 5:30-6:30PM Monica	4	LES MILLS CORE 5:30-6:00PM Mike A	4	ZUMBA 5:30-6:30PM Carla	2	LES MILLS CORE 6:00-6:30PM Mike A	1
	ZUMBA 5:30-6:30PM Carla	2	TKO BAG 45 5:45-6:30PM Amy/Etke	1	CYCLING INTERVAL 5:30-6:30PM Jen	3		
	BODYCOMBAT 6:35-7:35PM Kate	1	BODYPUMP 6:40-7:40PM Denise	1	BODYFLOW 5:30-6:30PM Brenda	4		
				BODYCOMBAT 6:00-7:00PM Mike T	1			



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

Shaded area = New/Change
*Attendance must improve to remain on schedule
**Sunday 11 a.m. Cycle 45 - January 19, February 2 & 16

Les Mills
BARRE

Les Mills
BODYCOMBAT

Les Mills
BODYFLOW

Les Mills
BODYPUMP

Les Mills
BODYSTEP

Les Mills
CORE

Les Mills
GRIT