

Colonial Fitness Group Fitness Schedule 2021

M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO	F	STUDIO	SA	STUDIO	SU	STUDIO
FITNESS FUSION LITE 45 7:30-8:15AM SHELLEY	1	CYCLE 45 8:45-9:30AM KAY	3	CXWORX 30 8:45-9:15AM ANDREA	1	CYCLE 45 8:45-9:30AM KAY	3	FITNESS FUSION LITE 45 7:30-8:15AM KAREN	1	CYCLE 45 8:00-8:45AM BRYON	3	BODYSTEP 45 8:30-9:15AM DENISE	1
CXWORX 30 8:45-9:15AM ANDREA	1	BODYPUMP 60 9:30-10:30AM ANDREA	1	CYCLE 45 9:30-10:15AM KAY	3	BODYFLOW 60 9:30-10:30AM JOANNE	4	BODYPUMP 60 8:30-9:30AM BRENDA	1	CXWORX 30 8:30-9:00AM BRENDA	1	BODYPUMP 45 9:30-10:15AM AMY B.	1
CYCLE 45 9:30-10:15AM JOANNE	3	SILVER SNEAKERS 45 10:45-11:30AM MITCH	1	BODYSTEP 60 9:30-10:30AM ANDREA	1	SILVER SNEAKERS 45 10:45-11:30AM MITCH	1	CYCLE 45 9:30-10:15AM ELENA	3	BODYPUMP 60 9:15-10:15AM BRYON	1	ZUMBA 45 10:30-11:15AM AMY B.	1
SILVER SNEAKERS 45 10:45-11:30AM MITCH	1			YOGA-FLOW w/ CHAIR 10:45-11:45 AM JOANNE	1			YOGA-FLOW w/ CHAIR 10:45-11:45 AM JOANNE	1	VINYASA YOGA 60 9:15-10:15AM BRENDA	4		
M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO						
BODYSTEP 60 4:30-5:30PM BRYON	1	CYCLE 30 12:00-12:30PM Kris	3	BODYPUMP 45 5:00-5:45pm CHERYL	1	GRIT 30 5:00-5:30PM JERRY	1	 <p>This schedule is temporary and will grow over the autumn months. As this happens some class days, times and lengths will change. Your patience is appreciated as we proceed safely. Please bring the following: Mat, sweat towel and water bottle. All equipment must be thoroughly sanitized after use by each member.</p> <p>TEAMWORK = WORKING TOGETHER TO KEEP EACH OTHER HEALTHY!</p> <p>Shedule is subject to change without notice. We suggest subscribing to text alerts for faster notification of schedule changes.</p> <p>For questions regarding group exercise program, please contact: Joanne Ewing (Fitness Director) Phone: 610-777-7801 or Email: jewing@chbsports.com</p>					
CYCLE 45 5:30-6:15PM KARILYN	3	CXWORX 30 5:00-5:30PM JENN H.	1	CYCLE 45 5:30-6:15PM KARILYN	3	BODYFLOW 60 5:30-6:30PM AMY B.	4						
BODYPUMP 45 5:45-6:30PM BRENDA	1	KICKBOXING w/BAG 45 5:45-6:30PM AMY B.	1	BODYCOMBAT 60 6:00-7:00pm MIKE	1								
				VINYASA YOGA 60 6:00-7:00PM BRENDA	4								

- √ Safe social distancing with participants' spots marked on the floor.
- √ Studio bikes safely spaced apart.
- √ Limited class numbers.
- √ Cleaning & sanitizing of all equipment.
- √ We use Covid19, hospital-grade cleaning and disinfecting products.

Shaded areas = New or Change