


# Colonial Fitness Group Fitness Schedule 2021

chbsports.com  
610-777-7801

Effective April 5th , 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	FITNESS FUSION 60 8:30-9:30AM Karen	2	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
CORE 30 8:45-9:15AM ANDREA	1	BODYPUMP 60 9:30-10:30AM ANDREA	1	CORE 30 8:30-9:15AM ANDREA	1	BODYFLOW 60 9:30-10:30AM JOANNE	4	BODYPUMP 60 8:30-9:30AM BRENDA	1	CORE 30 8:30-9:00AM BRENDA	1	CYCLE 45 8:30-9:15AM Jenn	3
CYCLE 45 9:30-10:15AM JOANNE	3	BODYFLOW 60 9:30-10:30AM Nicole	4	CYCLE 45 9:30-10:15AM KAY	3	SILVER SNEAKERS 45 10:45-11:30AM MITCH	1	CYCLE 45 9:30-10:15AM Elena/Karilyn	3	BODYPUMP 60 9:15-10:15AM BRYON	1	BODYPUMP 45 9:30-10:15AM AMY B.	1
SILVER SNEAKERS 45 10:45-11:30AM MITCH	1	SILVER SNEAKERS 45 10:45-11:30AM MITCH	1	BODYSTEP 60 9:30-10:30AM ANDREA	1			YOGA-FLOW w/ CHAIR 10:45-11:45 AM JOANNE	1	VINYASA YOGA 60 9:15-10:15AM BRENDA	4	ZUMBA 45 10:30-11:15AM AMY B.	1
				YOGA-FLOW w/ CHAIR 10:45-11:45 AM JOANNE	1					BODYCOMBAT 60 10:30-11:30AM Instructor Rotation	1		
M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO						
BODYSTEP 60 4:30-5:30PM BRYON	1	CORE 30 5:00-5:30PM JENN H.	1	BODYPUMP 45 5:00-5:45pm CHERYL	1	ZUMBA 40 12:10-12:50PM AMY	1	 <p>This schedule is temporary and will grow as things begin to open as the pandemic subsides. As this happens some class days, times and lengths will change. Your patience is appreciated as we proceed safely. Studios will have safe spacing, therefore class sizes are limited. Please bring the following: Mat, sweat towel and water bottle. All equipment must be thoroughly sanitized after use by each member.</p> <p><b>TEAMWORK = WORKING TOGETHER TO KEEP EACH OTHER HEALTHY!</b></p> <p>Schedule is subject to change without notice. We suggest subscribing to text alerts for faster notification of schedule changes.</p> <p><b>For questions regarding group exercise program, please contact: Joanne Ewing (Fitness Director) Phone: 610-777-7801 or Email: jewing@chbsports.com</b></p> <p><b>* Yellow-Flagged for possible cancellation</b></p>					
CYCLE 45 5:30-6:15PM KARILYN	3	KICKBOXING w/BAG 45 5:45-6:30PM AMY B.	1	CYCLE 45 5:30-6:15PM Karilyn/Elena	3	GRIT 30 5:00-5:30PM JERRY	1						
BODYPUMP 45 5:45-6:30PM BRENDA	1			BODYCOMBAT 60 6:00-7:00pm MIKE	1	BODYFLOW 60 5:30-6:30PM AMY B.	4						
ZUMBA 60 5:30-6:30PM Tony	2			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 Classes (4 wk. trial basis)**