

# THE CHATHAM CLUB GROUP FITNESS SCHEDULE



Schedule modifications may be found at [www.chathamclub.com](http://www.chathamclub.com)

**973-377-1900**

**Effective from 11-1-2024 to 11-30-2024**

Time	Monday	Studio	Instructor	Time	Thursday	Studio	Instructor
6:00-6:45	Bootcamp	Outdoor/ C	Tim	6:15-7:00	Spinning	Spin	Ali
7:00-7:45	Group Strength Training	C	Lauren	7:00-7:45	Group Strength Training	C	Meghan F
8:00-8:45	Spinning	Spin	Nikki	8:30-9:15	Group Strength Training	C	Lori B
8:15-9:00	Low Impact Strength & Core	C	Chrissy	8:45-9:30	Tone & Sculpt*	A	Dina
9:15-10:00	Mystery Monday	C	Chrissy	9:30-10:15	Total Body Blast	C	Miranda
9:15-10:00	Zumba*	A	Lorraine	9:15-10:00	Spinning	Spin	Lauren
9:15-10:00	Treadmill Workout	Cardio Room	Lauren	10:00-10:45	Zumba	A	Sandra
10:15-11:00	Barre Body Sculpt	A	Chrissy	10:30-11:15	Barre Body Sculpt	C	Valerie
10:30-11:15	Strength Training	C	Carmine	5:00-6:00	Spin	Spin/A	Jennifer
5:00-5:45	Barre Body Sculpt	A	Jennifer	6:00-6:45	Yoga	A	Meghann
6:00-7:00	Bootcamp	Outdoor/ C	Frank				
Time	Tuesday	Studio	Instructor	Time	Friday	Studio	Instructor
6:45-7:30	Spinning	Spin	Ali	7:00-7:45	Bootcamp	Outdoor/ C	Tim
7:00-7:45	Tread & Shred	Cardio Room	Meghan F	7:00-7:45	Yoga Sculpt	A	Jill
7:00-7:45	Advanced Barre	A	Chrissy	7:50-8:35	Strength & Balance*	C	Donna Sue
8:30-9:15	HIIT	C	Lauren	8:00-8:45	Spinning*	Spin	Meghan
9:15-10:00	Spinning	Spin	Jacquie	8:40-9:25	Total Body Conditioning	C	Christy
9:30-10:15	Zumba*	A	Sandra	9:35-10:35	Group Strength Training	C	Jennifer
9:30-10:15	Group Strength Training	C	Dale	10:00-11:00	Tread & Shred	Cardio Room	Lauren
10:00-11:00	Tread & Shred	Cardio Room	Lauren	10:00-10:45	Yoga/Stretch *	A	Donna Sue
10:30-11:15	Gentle Yoga*	C	Jennifer				
5:00-5:45	Group Strength Training	C	Chrissy	Time	Saturday	Studio	Instructor
5:00-5:45	Spinning	Spin	Karen	8:30-9:30	Bootcamp	C	Lauren
6:00-6:45	Yoga/Stretch*	C	Karen	9:00-9:45	Spinning	Spin	Mark
				9:00-9:45	Barre Body Sculpt	A	Rotating
				9:40-10:25	Zumba	C	Genie
				9:45-10:30	Treadmill Workout	Cardio Room	Meghan F
				10:00-11:00	Gentle Yoga*	A	Meghann
Time	Wednesday	Studio	Instructor	Time	Sunday	Studio	Instructor
6:30-7:30	Mat Pilates	A	April	9:00-9:45	Spinning	Spin	Rotating
7:00-7:45	Bootcamp	C	Lauren	9:00-9:45	Zumba	A	Genie
8:00-8:45	Low Impact Cardio*	A	Donna Sue	10:00-11:00	Yoga All Levels*	A	CarolS/Meghann
8:30-9:15	Power Sculpting	C	Chrissy	10:00-11:00	Bootcamp	C	Rotating
9:00-9:45	Spinning	Spin	Karen				
9:15-10:00	Vinyasa Yoga	A	Sharyn				
9:30-10:15	Cardio Boxing & More!	C	Chrissy				
10:15-11:00	Gentle Yoga*	A	Sharyn				
10:30-11:15	Group Strength Training	C	Jennifer				
5:00-5:50	Tread & Shred	Cardio Room	Lauren				
6:00-7:00	Bootcamp	Outdoor/ C	Frank				

\* Good place to start  
\* Highlighted- new class or change in format

**Club Hours:**  
Monday - Thursday 5:00am - 9:00pm  
Friday: 5:00am - 8:00pm  
Saturday & Sunday 6:30am - 6:00pm  
**Nursery Hours:**  
Monday - Sunday 8:30am-12pm