

THE CHATHAM CLUB GROUP FITNESS SCHEDULE



Schedule modifications may be found at www.chathamclub.com

973-377-1900

3-1-626-3-31-26

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	TRX Circuit-Sign up required	A	Meghan F
8:00-8:45	Spinning	Spin	Nikki	8:30-9:15	Group Strength Training	C	Lori B
8:15-9:00	Toned Arms & Tight Abs	C	Chrissy	8:45-9:30	Tone & Sculpt*	A	Dina
8:30-9:15	Zumba	A	Caroline	9:15-10:00	Spinning	Spin	Lauren
9:15-10:00	Total Body Conditioning	C	Lauren	9:30-10:15	Total Body Blast	C	Miranda
9:15-10:00	Treadmill Workout - sign up required	Cardio Room	Chrissy	10:20-11:00	Stretch & Roll	C	Dina
10:15-11:00	Vinyasa Yoga (all levels)	A	Ashley	9:45-10:30	Zumba	A	Lorraine
10:30-11:15	Strength Training	C	Carmine	4:30-5:15	Unilateral Strength Training	C	Dale
5:00-5:45	Barre Body Sculpt	A	Jennifer	5:15-6:00	Spin	Spin	Jordyn
6:00-7:00	Bootcamp	Outdoor/ C	Frank	6:00-6:45	Yoga	A	Meghann
Time	Tuesday	Studio	Instructor	Time	Friday	Studio	Instructor
6:30-7:15	Spinning	Spin	Ali	7:00-7:45	Bootcamp	Outdoor/ C	Tim
7:00-7:45	Treadmill Workout - sign up required	Cardio Room	Meghan F	7:50-8:35	Strength & Balance*	C	Donna Sue
7:15-8:00	Barre Body Sculpt	A	Jill	8:00-8:45	Spinning*	Spin	Meghan
8:30-9:15	Power Sculpt	C	Lori	8:30-9:15	Advanced Barre	A	Jo S.
9:15-10:00	Spinning	Spin	Jacque	8:40-9:25	Total Body Conditioning	C	Christy
9:30-10:15	Zumba*	A	Sandra	9:35-10:35	Group Strength Training	C	Jen
9:30-10:15	Group Strength Training	C	Dale	10:00-11:00	Tread & Shred - sign up required	Cardio Room	Lauren
10:00-11:00	Tread & Shred - sign up required	Cardio Room	Lauren	10:00-10:45	Yoga/Stretch *	A	Donna Sue
10:30-11:15	Gentle Yoga*	C	Jennifer	Time	Saturday	Studio	Instructor
5:00-5:45	Group Strength Training	C	Dale	8:30-9:30	Bootcamp	C	Lauren
6:00-6:45	Yin&Flow	A	Rose	9:00-9:45	Spinning	Spin	Mark
Time	Wednesday	Studio	Instructor	9:00-9:45	Barre Body Sculpt	A	Martha/Carrie
7:00-7:45	Bootcamp	C	Lauren	9:40-10:25	Zumba	C	Genie
8:00-8:45	Low impact Cardio	A	Donna Sue	9:45-10:30	Treadmill Workout - sign up required	Cardio Room	Meghan F
8:30-9:15	Solid Core&Sculpted Abs	C	Chrissy	10:00-11:00	Gentle Yoga*	A	Meghann
9:00-9:45	Spinning	Spin	Karen	Time	Sunday	Studio	Instructor
9:30-10:15	Vinyassa Yoga	A	Daniela	9:00-9:45	Spinning	Spin	Lauren C/Ann
10:30-11:15	Yoga Sculpt	A	Ashley	9:00-9:45	Zumba	C	Genie
9:30-10:15	Cardio Boxing & More!	C	Chrissy	10:00-11:00	Yoga All Levels*	A	CarolS/Meghann
10:30-11:15	Group Strength Training	C	Jennifer	10:00-11:00	Bootcamp	C	Rotating
5:00-5:50	Tread & Shred - sign up required	Cardio Room	Lauren	* Good place to start			
6:00-7:00	Bootcamp	Outdoor/ C	Frank	* Highlighted- new class or change in format			