

# THE CHATHAM CLUB GROUP FITNESS SCHEDULE



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

**973-377-1900**

**5-1-26-5-30-26**

| 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                    | Barre Body Sculpt                           | A           | Christy/Gina   |
| 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      | 9:45-10:30                   | Zumba                                       | A           | Lorraine       |
| 10:15-11:00        | Vinyasa Yoga (all levels)                   | A           | Ashley       | 10:20-11:00                  | Stretch & Roll                              | C           | Dina           |
| 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 - <b>sign up required</b> | Cardio Room | Meghan F     | 7:00-7:45                    | Tread HIKE                                  | Cardio Room | Meghan         |
| 7:15-8:00          | Barre Body Sculpt                           | A           | Jill         | 7:50-8:35                    | Strength & Balance*                         | C           | Donna Sue      |
| <b>8:15-9:00</b>   | <b>TRX</b>                                  | <b>A</b>    | <b>Carol</b> | 8:00-8:45                    | Spinning*                                   | Spin        | Meghan         |
| 8:30-9:15          | Power Sculpt                                | C           | Lori         | 8:30-9:15                    | Barre Body Sculpt                           | A           | Jo S.          |
| 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 - sign up required            | Cardio Room | Lauren         |
| 10:00-11:00        | Tread & Shred - <b>sign up required</b>     | Cardio Room | Lauren       | 10:00-10:45                  | Yoga/Stretch *                              | A           | Donna Sue      |
| <b>10:30-11:15</b> | <b>Advanced Barre</b>                       | <b>A</b>    | <b>Carol</b> | Time                         | Saturday                                    | Studio      | Instructor     |
| 10:30-11:15        | Gentle Yoga*                                | C           | Jennifer     | 8:30-9:30                    | Bootcamp                                    | C           | Lauren         |
| 5:00-5:45          | Group Strength Training                     | C           | Dale         | 9:00-9:45                    | Spinning                                    | Spin        | Mark           |
| 6:00-6:45          | Yin&Flow                                    | A           | Rose         | 9:00-9:45                    | Barre Body Sculpt                           | A           | Martha/Carrie  |
| Time               | Wednesday                                   | Studio      | Instructor   | 9:40-10:25                   | Zumba                                       | C           | Genie          |
| 7:00-7:45          | Bootcamp                                    | C           | Lauren       | 9:45-10:30                   | Treadmill Workout - <b>sign up required</b> | Cardio Room | Meghan F       |
| 8:00-8:45          | Low impact Cardio                           | A           | Donna Sue    | 10:00-11:00                  | Gentle Yoga*                                | A           | Meghann        |
| 8:30-9:15          | Solid Core&Sculpted Abs                     | C           | Chrissy      | Time                         | Sunday                                      | Studio      | Instructor     |
| 9:00-9:45          | Spinning                                    | Spin        | Karen        | 9:00-9:45                    | Spinning                                    | Spin        | Lauren Collins |
| 9:30-10:15         | Vinyassa Yoga                               | A           | Daniela      | 9:00-9:45                    | Pilates Barre Fusion                        | A           | Nerissa        |
| 9:30-10:15         | Cardio Boxing & More!                       | C           | Chrissy      | 9:00-9:45                    | Zumba                                       | C           | Genie          |
| 10:30-11:15        | Warm Yoga Sculpt                            | A           | Ashley       | 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 - <b>sign up required</b>     | Cardio Room | Lauren       | * Good place to start        |                                             |             |                |
| 6:00-7:00          | Bootcamp                                    | Outdoor/ C  | Frank        | <b>class will start 5/12</b> |                                             |             |                |