

THE CHATHAM CLUB
GROUP FITNESS SCHEDULE



Schedule modifications may be found at www.chathamclub.com

973-377-1900

9-1-26-9-30-26

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	Tread HIKE	Cardio Room	Chrissy
8:15-9:00	Toned Arms & Tight Abs	C	Chrissy	8:30-9:15	Group Strength Training	C	Lori B
9:15-10:00	Zumba	A	Sara	8:45-9:30	Tone & Sculpt*	A	Dina
9:15-10:00	Total Body Conditioning	C	Lauren	9:15-10:00	Spinning	Spin	Lauren
9:15-10:00	Treadmill Workout - sign up required	Cardio Room	Chrissy	9:30-10:15	Total Body Blast	C	Miranda
10:15-11:00	Vinyasa Yoga (all levels)	A	Marni	9:45-10:30	Zumba	A	Larraine
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	Sharyn
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	7:00-7:45	Tread HIKE	Cardio Room	Meghan
7:15-8:00	Barre Body Sculpt	A	Jill	8:00-8:45	Spin	Spin studio	Meghan
8:30-9:15	Power Sculpt	C	Lori	7:50-8:35	Strength & Balance*	C	Donna Sue
9:15-10:00	Spinning	Spin	Jacquie	8:30-9:15	Barre Body Sculpt	A	Jo S.
9:30-10:15	Zumba*	A	Sandra	8:40-9:25	Total Body Conditioning	C	Christy
9:30-10:15	Group Strength Training	C	Dale	9:35-10:20	Group Strength Training	C	Jennifer
10:00-11:00	Tread & Shred - sign up required	Cardio Room	Lauren	10:00-11:00	Tread & Shred - sign up required	Cardio Room	Lauren
10:30-11:15	Gentle Yoga*	C	Jennifer	10:00-10:45	Yoga/Stretch *	A	Donna Sue
5:00-5:45	Group Strength Training	C	Dale	Time	Saturday	Studio	Instructor
6:00-6:45	Yin&Flow	A	Rose	8:30-9:30	Bootcamp	C	Lauren
Time	Wednesday	Studio	Instructor	9:00-9:45	Spinning	Spin	Mark
7:00-7:45	Bootcamp	C	Lauren	9:00-9:45	Barre Body Sculpt	A	Martha/Carrie
8:00-8:45	Low impact Cardio	A	Donna Sue	9:40-10:25	Zumba	C	Genie
8:30-9:15	Solid Core&Sculpted Abs	C	Chrissy	9:45-10:30	Treadmill Workout - sign up required	Cardio Room	Meghan F
9:00-9:45	Spinning	Spin	Karen	10:00-11:00	Gentle Yoga*	A	Meghann
9:15-10:00	Outdoor Bootcamp	Turf	Miranda	Time	Sunday	Studio	Instructor
9:30-10:15	Vinyassa Yoga	A	Ashley	9:00-9:45	Spinning	Spin	Lauren Collins
9:30-10:15	Cardio Boxing & More!	C	Chrissy	9:00-9:45	Pilates Barre Fusion	A	Nerissa
10:30-11:15	Group Strength Training	C	Jennifer	9:00-9:45	Zumba	C	Genie
5:00-5:50	Tread & Shred - sign up required	Cardio Room	Lauren	10:00-11:00	Yoga All Levels*	A	CarolS/Meghann
6:00-7:00	Bootcamp	Outdoor/ C	Frank	10:00-11:00	Bootcamp	C	Rotating
* Good place to start							
New class							