THE CHATHAM CLUB
GROUP FITNESS SCHEDULE

Schedule modifications may be found at www.chathamclub.com

973-377-1900 ***11-01-26-11-30-26***

TIme	Monday	Studio	Instructor
6:00-6:45	Bootcamp	Outdoor/ C	Tim
7:00-7:45	Group Strength Training	C	Lauren
8:00-8:45	Spinning	Spin	Shirley
8:15-9:00	**SCULPT**	**C**	**Chrissy**
9:15-10:00	Zumba	A	Sara
9:15-10:00	Total Body Conditioning	C	Lauren
9:15-10:00	Treadmill Workout - sign up required	Cardio Room	Chrissy
10:15-11:00	Vinyasa Yoga (all levels)	A	Marni
10:30-11:15	Strength Training	C	Carmine
5:00-5:45	Barre Body Sculpt	A	Jennifer
6:00-7:00	Bootcamp	Outdoor/ C	Frank

TIme	Tuesday	Studio	Instructor
6:30-7:15	Spinning	Spin	Ali
7:00-7:45	Treadmill Workout - **sign up required**	Cardio Room	Meghan F
7:15-8:00	Barre Body Sculpt	A	Jill
8:30-9:15	Power Scuplt	C	Lori
9:30-10:15	Zumba*	A	Sandra
9:30-10:15	Group Strength Training	C	Dale
10:00-11:00	Tread & Shred - **sign up required**	Cardio Room	Lauren
10:30-11:15	Gentle Yoga*	C	Jennifer
5:00-5:45	Group Strength Training	C	Dale
6:00-6:45	Yin&Flow	A	Rose

TIme	Wednesday	Studio	Instructor
7:00-7:45	Bootcamp	C	Lauren
8:00-8:45	Low impact Cardio	A	Donna Sue
8:30-9:15	Solid Core&Sculpted Abs	C	Chrissy
9:00-9:45	Spinning	Spin	Karen
9:15-10:00	**Tread HIKE (sign up required)**	**Cardio Room**	**Caroline**
9:30-10:15	Vinyassa Yoga	A	Ashley
9:30-10:15	Cardio Boxing & More!	C	Chrissy
10:30-11:15	Group Strength Training	C	Jennifer
5:00-5:50	**Tread & Shred - sign up required**	**Cardio Room**	**Nick**
6:00-7:00	Bootcamp	Outdoor/ C	Frank

TIme	Thursday	Studio	Instructor
6:15-7:00	Spinning	Spin	Ali
7:00-7:45	Barre Body Sculpt	A	Christy/Gina
8:30-9:15	Tread HIKE (sign up required)	Cardio Room	Chrissy
8:30-9:15	Group Strength Training	C	Lori B
8:45-9:30	Tone & Sculpt*	A	Dina
9:15-10:00	Spinning	Spin	Lauren
9:30-10:15	Total Body Blast	C	Miranda
9:45-10:30	Zumba	A	Larraine
4:30-5:15	Unilateral Strength Training	C	Dale
5:15-6:00	Spin	Spin	Jordyn
6:00-6:45	Yoga	A	Sharyn

TIme	Friday	Studio	Instructor
7:00-7:45	Bootcamp	Outdoor/ C	Tim
7:00-7:45	Tread HIKE (sign up required)	Cardio Room	Meghan
8:00-8:45	Spin	Spin studio	Meghan
7:50-8:35	Strength & Balance*	C	Donna Sue
8:40-9:25	**SCULPT**	**C**	**Jo S.**
9:35-10:20	Group Strength Training	C	Jennifer
10:00-11:00	Tread & Shred - sign up required	Cardio Room	Lauren
10:00-10:45	Yoga/Stretch *	A	Donna Sue

Time	Saturday	Studio	Instructor
8:30-9:30	Bootcamp	C	Lauren
9:00-9:45	Spinning	Spin	Mark
9:00-9:45	Barre Body Sculpt	A	Martha/Carrie
9:40-10:25	Zumba	C	Genie
9:45-10:30	Treadmill Workout - **sign up required**	Cardio Room	Meghan F
10:00-11:00	Gentle Yoga*	A	Meghann

TIme	Sunday	Studio	Instructor
9:00-9:45	Spinning	Spin	Lauren Collins
9:00-9:45	Pilates Barre Fusion	A	Nerissa
9:00-9:45	Zumba	C	Genie
10:00-11:00	Yoga All Levels*	A	CarolS/Meghann
10:00-11:00	Bootcamp	C	Rotating

New class