THE CHATHAM C
GROUP FITNESS SC

Schedule modifications may be found at

973-377-1900

TIme	Monday	Studio	Instructor	TIme
6:00-6:45	Bootcamp	Outdoor/ C	Tim	6:15-7:00
7:00-7:45	Group Strength Training	C	Lauren	7:00-7:45
8:00-8:45	Spinning	Spin	Shirley	8:30-9:15
8:15-9:00	**SCULPT**	**C**	**Chrissy**	8:30-9:15
9:15-10:00	Zumba	A	Sara	8:45-9:30
9:15-10:00	Total Body Conditioning	C	Lauren	9:15-10:00
9:15-10:00	Treadmill Workout - sign up required	Cardio Room	Chrissy	9:30-10:15
10:15-11:00	Vinyasa Yoga (all levels)	A	Marni	9:45-10:30
10:30-11:15	Strength Training	C	Carmine	4:30-5:15
5:00-5:45	Barre Body Sculpt	A	Jennifer	5:15-6:00
6:00-7:00	Bootcamp	Outdoor/ C	Frank	6:00-6:45

TIme	Tuesday	Studio	Instructor	TIme
6:30-7:15	Spinning	Spin	Ali	7:00-7:45
7:00-7:45	Treadmill Workout - **sign up required**	Cardio Room	Meghan F	7:00-7:45
7:15-8:00	Barre Body Sculpt	A	Jill	8:00-8:45
8:30-9:15	Power Scuplt	C	Lori	7:50-8:35
9:30-10:15	Zumba*	A	Sandra	**8:40-9:25**
9:30-10:15	Group Strength Training	C	Dale	9:35-10:20
10:00-11:00	Tread & Shred - **sign up required**	Cardio Room	Lauren	10:00-11:00
10:30-11:15	Gentle Yoga*	C	Jennifer	10:00-10:45
5:00-5:45	Group Strength Training	C	Dale	**Time**
6:00-6:45	Yin&Flow	A	Rose	8:30-9:30

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

9:00-9:45
9:00-9:45
9:40-10:25
9:45-10:30
10:00-11:00

TIme
9:00-9:45
9:00-9:45
9:00-9:45
10:00-11:00
10:00-11:00

New class

CLUB
HEDULE

www.chathamclub.com

11-01-26-11-30-26

Thursday	Studio	Instructor
Spinning	Spin	Ali
Barre Body Sculpt	A	Christy/Gina
Tread HIKE (sign up required)	Cardio Room	Chrissy
Group Strength Training	C	Lori B
Tone & Sculpt*	A	Dina
Spinning	Spin	Lauren
Total Body Blast	C	Miranda
Zumba	A	Larraine
Unilateral Strength Training	C	Dale
Spin	Spin	Jordyn
Yoga	A	Sharyn
Friday	**Studio**	**Instructor**
Bootcamp	Outdoor/ C	Tim
Tread HIKE (sign up required)	Cardio Room	Meghan
Spin	Spin studio	Meghan
Strength & Balance*	C	Donna Sue
SCULPT	**C**	**Jo S.**
Group Strength Training	C	Jennifer
Tread & Shred - sign up required	Cardio Room	Lauren
Yoga/Stretch *	A	Donna Sue
Saturday	**Studio**	**Instructor**
Bootcamp	C	Lauren

Spinning	Spin	Mark
Barre Body Sculpt	A	Martha/Carrie
Zumba	C	Genie
Treadmill Workout - **sign up required**	Cardio Room	Meghan F
Gentle Yoga*	A	Meghann
Sunday	**Studio**	**Instructor**
Spinning	Spin	Lauren Collins
Pilates Barre Fusion	A	Nerissa
Zumba	C	Genie
Yoga All Levels*	A	CarolS/Meghann
Bootcamp	C	Rotating