

The Chatham Club

GROUP EXERCISE SCHEDULE

Schedule Now Available at www.chathamclub.com

973-377-1900

Effective from 8/1/10 to 9/7/2010

Time	Monday	Studio	Instructor	Time	Thursday	Studio	Instructor
5:45-6:45	Spinning	Spin	Janine	5:45-6:45	Spinning	Spin	Lauren
6:00-6:45	Boot Camp	C	Stephan	8:30-9:25	Zumba*	A	Grace
8:00-8:45	Spinning	Spin	Jill	9:00-9:30	Kinesis Experience**NEW	Kinesis	Nikki
8:30-9:25	Zumba *	C	Grace	9:00-9:15	Abs Class*	C	Lori
9:00-9:50	Pilates Mat Int.	A	Barbara	9:15-10:15	Spinning	Spin	Jeanine
9:15-10:00	Spinning*	Spin	Laurie	9:15-10:15	Serious Strength Training	C	Lori
9:30-10:15	Intensity Training NEW Day!	C	Martha/Dennis	9:30-10:30	Cardio Core	A	Martha
9:45-10:15	Power Plate Intro - Stretch/Balance	Kinesis	Ivona	10:30-11:30	Yoga - All Levels*	A	Joanne
10:15-11:15	Vinyasa Yoga	A	Laurie	10:30-11:20	Pilates Mat Classic Flow Int/Adv	C	Barbara
10:15-11:00	Core Synergy NEW!	C	Martha	6:00-7:00pm	Box Fit	A	Amanda&Bryan
6:00-7:00pm	Box Fit	A	John	6:30-7:30pm	Muscle Shock	C	Andrew
6:00-7:00pm	Power Sculpt*	C	Jim	6:45-7:40pm	Spinning NEW TIME!	Spin	Karen G
6:30-7:30pm	Spinning	Spin	Christine	7:45-8:00pm	Abs Class* NEW!	C	Karen G
7:00-8:00pm	Yoga All Levels*	C	Bernadette				
Time	Tuesday	Studio	Instructor	Time	Friday	Studio	Instructor
5:45-6:45	Spinning	Spin	Ali	6:00-6:45	Int/Adv Yoga	A	MJ
7:00-7:30	Kinesis Experience **	Kinesis	Ivona	6:00-6:45	Boot Camp	C	Andrew
7:30-8:00	Power Plate Intro Stretch/Balance *	Kinesis	Ivona	6:00-6:45	Spinning	Spin	Diana L
7:45-8:45	Group Strength Training*	C	Christine B	7:30-8:25	Aerobic Intervals*	C	Melissa
8:45-9:45	Spinning NEW TIME!	Spin	MJ	8:00-8:45	Spinning*	Spin	Jennifer
9:00-10:15	Vinyasa Yoga	A	Tamara	8:30-9:30	Power Sculpt	C	Lauren
9:10-10:25	Power Sculpt	C	Jennifer	9:00-9:30	Kinesis Experience **NewTime	Kinesis	Ivona
10:15-11:15	A Perfect Body	A	Tamara	9:15-10:25	Vinyasa Yoga	A	Judit
10:30-11:30	Int/Adv Yoga	C	MJ	9:15-10:15	Spinning	Spin	Lori
5:00-5:45pm	Adult & Teen Spinning	Spin	Dennis	9:35-10:30	Zumba*	C	Carolyn
5:30-6:00pm	Power Plate Intro Strength **	Kinesis	Amanda/Nikki	10:30-11:45	Yoga Therapy*	A	Padmini
6:00-6:30pm	Kinesis Experience **	Kinesis	Amanda/Nikki				
6:30-7:15pm	Muscle Shock	C	Andrew				
Time	Wednesday	Studio	Instructor	Time	Saturday	Studio	Instructor
5:45-6:45	Spinning	Spin	Rotating	7:15-8:15	Spinning	Spin	Nils
6:00-6:45	Boot Camp	C	Lauren	8:00-8:55	Tai Chi*	A	Keith
7:00-8:15	Gentle Yoga*	A	Padmini	8:30-9:00	Kinesis Experience **	Kinesis	Rotating
8:00-8:40	Low Impact Aerobics *	C	Christine B	8:30-9:30	Boxing Conditioning	C	Bryan
8:00-8:45	Spinning*	Spin	Laurie/Dan	9:00-9:30	Power Plate Intro Strength **	Kinesis	Rotating
8:30-9:00	Kinesis Experience **	Kinesis	Ivona	9:00-10:00	Spinning	Spin	Rotating
8:45-9:30	Beg/Int Pilates Mat*	A	Christine B	9:00-10:00	Perfect Body	A	Tamara
9:10-10:10	Zumba	C	Jennifer	9:30-10:00	Kinesis Experience**NEW	Kinesis	Rotating
9:15-10:15	Spinning	Spin	Lauren/Laurie	9:45-10:45	Zumba*	C	Alison/JeanMarie
9:30-10:15	Intensity Training	A	Dennis	10:00-10:30	PowerPlate Intro Stretch/Balance*	Kinesis	Rotating
10:30-11:30	Ballet Bar Body Sculpt* NEW TIME	A	Marcie	10:00-11:00	Vinyasa Yoga	A	Tamara
5:45-6:30pm	Ballet Bar Body Sculpt*	A	Kate	11:00-12:00	The MELT Method* Starts 5/15	A	Tamara
7:00-8:00pm	Spinning	Spin	Nils				
7:00-8:00pm	Vinyasa Yoga	C	Tamara				
Time	Sunday	Studio	Instructor	Time	Sunday	Studio	Instructor
				9:00-10:00	Spinning	Spin	Pauline
				9:00-10:10	Aerobic Intervals*	C	Lauren/Diana
				9:15-10:10	Ballet Bar Body Sculpt*	A	Kate
				10:15-11:15	Vinyasa Yoga	A	Bernadette/Sandee
				10:30-11:20	Pilates Mat	C	Kate

* Good place to start
 ** For All levels.