

THE CHATHAM CLUB GROUP FITNESS SCHEDULE



Schedule modifications may be found at www.chathamclub.com

973-377-1900

Effective from 4-1-24 to 4-30-24

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	Strength Training	C	Meghan F
8:00-8:45	Spinning	Spin	Nikki	8:00-8:45	Power Sculpt	C	Carol
8:15-9:00	Low Impact Strength & Core	C	Chrissy	8:45-9:30	Tone & Sculpt*	A	Dina
9:15-10:00	Mystery Monday	C	Chrissy	9:00-9:45	HIIT	C	Carol
9:15-10:00	Zumba*	A	William	9:15-10:00	Spinning	Spin	Lauren
9:15-10:00	Treadmill Workout	Cardio Room	Lauren	10:00-10:45	Zumba	C	Joliza
10:15-11:00	Barre Body Sculpt	A	Chrissy	10:00-10:45	Barre Body Sculpt	A	Carol
10:30-11:15	Strength Training	C	Carmine	5:00-6:00	Spinning	Spin	Jennifer
5:00-5:45	Barre Body Sculpt	A	Jennifer	6:00-6:45	Yoga	A	Meghann
6:00-7:00	Bootcamp	Outdoor/ C	Frank				
Time	Tuesday	Studio	Instructor	Time	Friday	Studio	Instructor
6:45-7:30	Spinning	Spin	Ali	7:00-7:45	Bootcamp	Outdoor/ C	Tim
7:00-7:45	Tread & Shred	Cardio Room	Meghan F	7:30-8:15	Spinning*	Spin	Carol
8:00-8:45	Advanced Barre	A	Carol	7:50-8:35	Strength & Balance*	C	Donna Sue
9:00-9:45	H.E.A.T.	C	Carol	8:40-9:25	Strength Training	C	Meghan F
9:15-10:00	Spinning	Spin	Jacque	8:45-9:45	Pilates Mat	A	Carol
9:30-10:15	Zumba*	A	Sandra	9:35-10:35	Power Sculpt	C	Jennifer
10:00-11:00	Tread & Shred	Cardio Room	Lauren	10:00-11:00	Tread & Shred	Cardio Room	Lauren
10:30-11:15	Gentle Yoga*	C	Jennifer	10:00-10:45	Yoga/Stretch *	A	Donna Sue
5:00-5:45	Spinning	Spin	Karen				
6:00-6:45	Yoga/Stretch*	C	Karen				
Time	Wednesday	Studio	Instructor	Time	Saturday	Studio	Instructor
6:15-7:00	Vinyasa Yoga-Begins 4/10	A	Sharyn	8:30-9:30	Bootcamp	C	Lauren
7:00-7:45	Bootcamp	C	Lauren	9:00-9:45	Spinning	Spin	Shirley
8:00-8:45	Low Impact Aerobics *	A	Donna Sue	9:00-9:45	Barre Body Sculpt	A	Carrie/Martha
8:30-9:15	Power Sculpting	C	Chrissy	9:40-10:25	Zumba	C	Genie
9:00-9:45	Spinning	Spin	Karen	9:45-10:30	Treadmill Workout	Cardio Room	Meghan F
9:15-10:00	Vinyasa Yoga	A	Sharyn	10:00-11:00	Gentle Yoga*	A	Meghann
9:30-10:15	Cardio Boxing & More!	C	Chrissy				
10:15-11:00	Gentle Yoga*	A	Sharyn				
10:30-11:15	Strength Training	C	Jennifer				
5:00-5:45	Barre Body Sculpt	A	Carol				
6:00-6:45	Treadmill Workout	Cardio Room	Carol				
6:00-7:00	Bootcamp	Outdoor/ C	Frank				
Time	Thursday	Studio	Instructor	Time	Sunday	Studio	Instructor
				9:00-9:45	Spinning	Spin	Rotating
				9:00-9:45	Zumba NEW TIME!	C	Genie
				10:00-11:00	Yoga All Levels*	A	CarolS/Meghann
				10:00-11:00	Bootcamp	C	Rotating
* Good place to start							

Club Hours:

Monday - Thursday 5:00am - 9:00pm

Friday: 5:00am - 8:00pm

Saturday & Sunday 6:30am - 6:00pm

Nursery Hours:

Monday - Sunday 8:30am-12pm