

THE CHATHAM CLUB

GROUP FITNESS SCHEDULE



Schedule modifications may be found at www.chathamclub.com

973-377-1900

6-1-25-6-30-25

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	TRX Circuit	A	Meghan F
8:00-8:45	Spinning	Spin	Nikki	8:30-9:15	Group Strength Training	C	Lori B
8:15-9:00	Outdoor Bootcamp - sign up required	Outdoor	Lauren	8:45-9:30	Tone & Sculpt*	A	Dina
8:15-9:00	Toned Arms & Tight Abs	C	Chrissy	9:15-10:00	Spinning	Spin	Lauren
9:15-10:00	Mystery Monday	C	Chrissy	9:30-10:15	Total Body Blast	C	Miranda
9:15-10:00	Zumba*	A	Joliza	9:45-10:30	Zumba	A	Larraine
9:15-10:00	Treadmill Workout - sign up required	Cardio Room	Lauren	5:15-6:00	Spin	Spin	Jordyn
10:15-11:00	Barre Body Sculpt	A	Chrissy	6:00-6:45	Yoga	A	Meghann
10:30-11:15	Strength Training	C	Carmine	Time	Friday	Studio	Instructor
5:00-5:45	Barre Body Sculpt	A	Jennifer	7:00-7:45	Bootcamp	Outdoor/ C	Tim
6:00-7:00	Bootcamp	Outdoor/ C	Frank	7:00-7:45	Yoga Sculpt	A	Jill
Time	Tuesday	Studio	Instructor	7:50-8:35	Strength & Balance*	C	Donna Sue
6:45-7:30	Spinning	Spin	Ali	8:00-8:45	Spinning*	Spin	Meghan
7:00-7:45	Treadmill Workout - sign up required	Cardio Room	Meghan F	8:30-9:15	Advanced Barre	A	Rotating
7:15-8:00	Advanced Barre	A	Carol	8:40-9:25	Total Body Conditioning	C	Christy
8:30-9:15	HIIT	C	Carol	9:35-10:35	Group Strength Training	C	Jen
9:15-10:00	Spinning	Spin	Jacquie	10:00-11:00	Tread & Shred - sign up required	Cardio Room	Lauren
9:30-10:15	Zumba*	A	Sandra	10:00-10:45	Yoga/Stretch *	A	Donna Sue
9:30-10:15	Group Strength Training	C	Dale	Time	Saturday	Studio	Instructor
10:00-11:00	Tread & Shred - sign up required	Cardio Room	Lauren	8:30-9:30	Bootcamp	C	Lauren
10:30-11:15	Pilates Mat	A	April	9:00-9:45	Spinning	Spin	Mark
10:30-11:15	Gentle Yoga*	C	Jennifer	9:00-9:45	Barre Body Sculpt	A	Rotating
5:00-5:45	Group Strength Training	C	Chrissy	9:40-10:25	Zumba	C	Genie
6:00-6:45	Yin & Flow	A	Rose	9:45-10:30	Treadmill Workout - sign up required	Cardio Room	Meghan F
Time	Wednesday	Studio	Instructor	10:00-11:00	Gentle Yoga*	A	Meghann
7:00-7:45	Bootcamp	C	Lauren	Time	Sunday	Studio	Instructor
8:00-8:45	Low Impact Cardio*	A	Donna Sue	9:00-9:45	Spinning	Spin	Rotating
8:30-9:15	Solid Core&Sculpted Abs	C	Chrissy	9:00-9:45	Zumba	A	Genie
9:00-9:45	Spinning	Spin	Karen	10:00-11:00	Yoga All Levels*	A	CarolS/Meghann
9:15-10:00	Vinyasa Yoga	A	Meghann	10:00-11:00	Bootcamp	C	Rotating
9:30-10:15	Cardio Boxing & More!	C	Chrissy	* Good place to start * Highlighted- new class or change in format			
10:30-11:15	Group Strength Training	C	Lori/Jen				
5:00-5:50	Tread & Shred - sign up required	Cardio Room	Lauren				
6:00-7:00	Bootcamp	Outdoor/ C	Frank				

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