

CHATHAM HEALTH & SWIM CLUB - CLASS SCHEDULE (as of 9-10-18)

Mon	Tue	Wed	Thur	Fri	Sat
					<b>Hydrospinning</b> 8:00-9:00 A.M.
<b>Step &amp; Strength</b> 8:00-9:00 A.M.	<b>Flow Yoga</b> 8:00-9:00 A.M.	<b>Cardio-Mix</b> 8:00-9:00 A.M.	<b>Flow Yoga</b> 8:00-9:00 A.M.	<b>Cardio-Mix</b> 8:00-9:00 A.M.	<b>Men's Stretch</b> 7:30-8:15 A.M. <i>(8:30 a.m. starting 9/15)</i>
	<b>Lite Fitness</b> 9:15-10:15 A.M.		<b>Lite Fitness</b> 9:15-10:15 A.M.	<b>NEW Therapeutic Stretch &amp; Posture</b> 9:15-10:15 A.M.	<b>Small Group Coaching w/ Julie</b> 8:15-9:15 A.M.
<b>Aquatic Exercise</b> 9:30-10:30 A.M.	<b>Aquatic Stretch &amp; Strength w/ Joanie</b> 9:30-10:30 A.M.	<b>Aquatic Exercise</b> 9:30-10:30 A.M.		<b>Aquatic Exercise</b> 9:30-10:30 A.M.	<b>Row &amp; Go</b> 9:30-10:30 A.M.
<b>Small Group Coaching w/ Amy</b> 10:00-11:00 A.M.	<b>Tai Chi</b> 10:30-11:30 A.M.	<b>Small Group Coaching w/ Amy</b> 10:00-11:00 A.M.	<b>NEW S-T-R-E-T-C-H &amp; Strength</b> 10:30-11:30 A.M.		<b>Aqua Camp</b> 10:00-11:00 A.M. <i>(5 weeks starting 9/29)</i>
	<b>Small Group Coaching w/ Pam</b> (1) 1:00-2:00 P.M. (2) 2:00-3:00 P.M.		<b>Small Group Coaching w/ Pam</b>  2:00 - 3:00 P.M.		
<b>Hydrospinning</b> 4:30-5:30 P.M.	<b>Aquatic Exercise</b> 4:30-5:30 P.M.		<b>Aquatic Exercise</b> 4:30-5:30 P.M.		
<b>Double Step</b> 5:15-6:15 P.M.		<b>Interval Strength</b> 5:15-6:15 P.M.	<b>Flow Yoga</b> 5:15-6:15 P.M.	<b>Cardio-Mix</b> 5:15-6:15 P.M.	

**Turquoise** Annual/Flexi Member = \$75 per 6-wks OR \$15 drop-in

**Short-Term Member/Guest** = \$125 per 6-wks OR \$25 drop-in

**Blue Boxes** Annual/Flexi Member = \$50 per 6-wks OR \$10 drop-in

**Short-Term Member/Guest** = \$75 per 6-wks OR \$15 drop-in

**Yellow Boxes** Annual/Flexi Member = \$40 per 6-wks OR \$10 drop-in

**Short-Term Member/Guest** = \$65 per 6-wks OR \$15 drop-in

**Green Boxes** Small Groups limited to 4 participants/session (rates vary per group depending on # of participants) \$20 if 3/4, \$30 if 2, cancelled if only 1

**Pink Box** \$100 for 5 weeks (payment in advance required, limited to 6 participants)