

# CHATHAM HEALTH & SWIM CLUB CLASS SCHEDULE, SUMMER 2017 (starts June 4<sup>th</sup>)

Mon	Tue	Wed	Thur	Fri	Sat
	Hydrospinning w/ Pam 6:45-7:45 A.M.		Hydrospinning w/ Pam 6:45-7:45 A.M.		Men's Stretch 8:30-9:15 A.M.
	Fit'n Fabulous 7:00-7:45 A.M. <small>(7/11 – 8/15)</small>		Fit'n Fabulous 7:00-7:45 A.M. <small>(7/6 – 8/17)</small>		Hydrospinning 8:00-9:00 A.M.
Step & Strength 8:00-9:00 A.M.	Flow Yoga 8:00-9:00 A.M.	Cardio-Mix 8:00-9:00 A.M.	Flow Yoga 8:00-9:00 A.M.	Cardio-Mix 8:00-9:00 A.M.	Cardio-Mix 8:00-9:00 A.M. <small>(starts 7/8)</small>
Interval Row 9:30-10:30 A.M.	Lite Fitness 9:15-10:15 A.M.	Bosu Basics 9:15-10:00 A.M.	Lite Fitness 9:15-10:15 A.M.	.	
Aquatic Exercise 9:30-10:30 A.M.	Aquatic Stretch & Strength w/ Joan 9:30-10:30 A.M.	Aquatic Exercise 9:30-10:30 A.M.	Aquatic Stretch & Strength w/ Joan 9:30-10:30 A.M.	Aquatic Exercise 9:30-10:30 A.M.	Row & Go 9:30-10:30 A.M.
Functional Strength 11:00 – 11:30 A.M.	Tai Chi w/ Sally 10:15 – 10:45 BEG 10:45 – 11:30 ADV	Functional Strength 11:00 – 11:30 A.M.		Small Group Coaching w/ Amy 10:15-11:15 A.M.	
		Small Group Coaching w/ Amy 11:45-12:45 A.M.			
	Small Group Coaching w/ Pam 2:00 – 3:00 P.M.		Small Group Coaching w/ Pam 2:00 – 3:00 P.M.		
Hydrospinning w/ Kat 4:30 – 5:30 P.M.	Aquatic Exercise 4:00-5:00 P.M.		Aquatic Exercise 4:00-5:00 P.M.	Hydrospinning w/ Pam 4:30 – 5:30 P.M.	
Double Step 5:15-6:15 P.M.		Interval Strength 5:15-6:15 P.M.	Flow Yoga 5:15-6:15 P.M.	Cardio-Mix 5:15-6:15 P.M.	

Blue Boxes Annual/Flexi Member = \$50 per 6-wks \$10 drop-in  
Yellow Boxes Annual/Flexi Member = \$30 per 6-wks \$10 drop-in  
Pink Boxes Annual/Flexi Member = \$30 per 6-wks \$7.50 drop in  
Turquoise Annual/Flexi Member = \$75 per 6-wks \$15 drop in  
Purple Boxes Annual/Flexi Member = \$99 Summer \$10 drop-in  
Green Boxes Small Groups limited to 4 participants/session

Short-Term Member/Guest = \$75 per 6-wks \$15 drop-in  
 Short-Term Member/Guest = \$60 per 6-wks \$15 drop-in  
 Short-Term Member/Guest = \$45 per 6-wks \$10.00 drop in  
 Short-Term Member/Guest = \$125 per 6-wks \$25 drop-in  
 Short-Term Member/Guest = ----- \$15 drop-in  
 \$20 per session (if 3-4), \$30 per session (if 2)