

CHATHAM HEALTH & SWIM CLUB - CLASS SCHEDULE (as of 1-2-18)

Mon	Tue	Wed	Thur	Fri	Sat
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.	Hydrospinning 8:00-9:00 A.M.
	Lite Fitness 9:15-10:15 A.M.		Lite Fitness 9:15-10:15 A.M.	Lite Fitness 9:15-10:00 A.M. <small>(6 weeks -1/5 - 2/9)</small>	Men's Stretch 8:30-9:15 A.M.
Aquatic Exercise 9:30-10:30 A.M.		Aquatic Exercise 9:30-10:30 A.M.		Aquatic Exercise 9:30-10:30 A.M.	Row & Go 9:30-10:30 A.M.
	Tai Chi 10:15-10:45 BEG 10:45-11:30 ADV	Small Group Coaching w/ Amy 10:00-11:00 A.M.		Small Group Coaching w/ Amy 10:00-11:00 A.M.	Small Group Coaching w/ Carol 9:30 - 10:30 A.M.
Functional Strength 11:00-11:30 A.M.	WTBH 2:00 - 5:00 P.M. Please see Front Desk	Functional Strength 11:00-11:30 A.M.			WTBH 10:30 - 2:00 P.M. Please see Front Desk
	Small Group Coaching w/ Pam 2:00-3:00 P.M.		Small Group Coaching w/ Pam 2:00 - 3:00 P.M.		SUNDAY
	Aquatic Exercise 4:30-5:30 P.M.		Aquatic Exercise 4:30-5:30 P.M.	Hydrospinning w/ Pam 4:00 - 5:00 P.M.	Row & Go 8:00-9:00 A.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 OR \$10 drop-in

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

Yellow Boxes Annual/Flexi Member = \$30 per 6-wks OR \$10 drop-in

Short-Term Member/Guest = \$60 per 6-wks OR \$15 drop-in

Pink Boxes Annual/Flexi Member = \$30 per 6-wks OR \$7.50 drop in

Short-Term Member/Guest = \$45 per 6-wks OR \$10. drop in

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

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

Green Boxes Small Groups limited to 4 participants/session (rates vary per group depending on # of participants) - Please see Front Desk for more info

WTBH "Weigh to Better Health" a 6-week weight loss, fitness and nutrition program (Jan. 2nd - Feb. 10th) - Please see Front Desk for more info

Annual/Flexi Member = \$150 per 6-wks

Short-Term Member/Guest = \$249 per 6-wks (includes membership)