

CHATHAM HEALTH & SWIM CLUB CLASS SCHEDULE, SUMMER 2017

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 7:15 – 8:00 A.M.
	Fit'n Fabulous 7:00-7:45 A.M. (7/11 – 8/15)		Fit'n Fabulous 7:00-7:45 A.M. (7/6 – 8/17)		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. (starts 7/8)
Interval Row 9:30-10:30 A.M.	Lite Fitness 9:15-10:15 A.M.	Balance & 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 9:30-10:30 A.M.	Aquatic Exercise 9:30-10:30 A.M.	Aquatic Stretch & Strength 9:30-10:30 A.M.	Aquatic Exercise 9:30-10:30 A.M.	Row & Go 9:30-10:30 A.M.
		Small Group Coaching w/ Amy 10:00-11:00 A.M.	Small Group Coaching w/ Amy 10:15-11:15 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/ Pam 2:00 – 3:00 P.M.		Small Group Coaching w/ Pam 2:00 – 3:00 P.M.		
Hydrospinning w/ Stacy 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.	Beginner Yoga w/ Ally 5:15-6:15 P.M. (starts 7/11)	Total Body Strength w/ Donna 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	Short-Term Member/Guest = \$75 per 6-wks \$15 drop-in
Yellow Boxes	Annual/Flexi Member = \$30 per 6-wks \$10 drop-in	Short-Term Member/Guest = \$60 per 6-wks \$15 drop-in
Pink Boxes	Annual/Flexi Member = \$30 per 6-wks \$7.50 drop in	Short-Term Member/Guest = \$45 per 6-wks \$10.00 drop in
Turquoise	Annual/Flexi Member = \$75 per 6-wks \$15 drop in	Short-Term Member/Guest = \$125 per 6-wks \$25 drop-in
Purple Boxes	Annual/Flexi Member = \$99 until 8/17 \$10 drop-in	Short-Term Member/Guest = ----- \$15 drop-in
Green Boxes	Small Groups limited to 4 participants/session	\$20 per session (if 3-4), \$30 per session (if 2)