

CHATHAM HEALTH & SWIM CLUB - CLASS SCHEDULE (as of 7-17-18)

Mon	Tue	Wed	Thur	Fri	Sat
	<b>Fit'n Fabulous</b> 7:00-7:45 A.M. <i>(7/3-7/24)</i>		<b>Fit'n Fabulous</b> 7:00-7:45 A.M. <i>(7/5-7/26)</i>		
			<b>Hydrospinning</b> 7:00-8:00 A.M.		<b>Men's Stretch</b> 7:30-8:15 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>Hydrospinning</b> 8:00-9:00 A.M.
	<b>Lite Fitness</b> 9:15-10:15 A.M.		<b>Lite Fitness</b> 9:15-10:15 A.M.		<b>Cardio-Mix</b> 8:15-9:15 A.M. <i>(ends 9/1)</i>
					<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</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>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>S-T-R-E-T-C-H &amp; Strength</b> 10:30-11:30 A.M.		<b>Row &amp; Go</b> 10:30-11:30 A.M.
	<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.	

<b>Turquoise</b>	Annual/Flexi Member = \$75 per 6-wks OR \$15 drop-in	Short-Term Member/Guest = \$125 per 6-wks OR \$25 drop-in
<b>Blue Boxes</b>	Annual/Flexi Member = \$50 per 6-wks OR \$10 drop-in	Short-Term Member/Guest = \$75 per 6-wks OR \$15 drop-in
<b>Yellow Boxes</b>	Annual/Flexi Member = \$40 per 6-wks OR \$10 drop-in	Short-Term Member/Guest = \$65 per 6-wks OR \$15 drop-in
<b>Green Boxes</b>	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	
<b>Purple Boxes</b>	Annual/Flexi Member = \$40 per 4-wks OR \$5.50 drop-in	Short-Term Member/Guest = \$70 per 6-wks OR \$10 drop-in