

CHATHAM HEALTH & SWIM CLUB - CLASS SCHEDULE (as of 6-2-18)

Mon	Tue	Wed	Thur	Fri	Sat
	<b>Fit'n Fabulous</b> 7:00-7:45 A.M. (starts 6/19)		<b>Fit'n Fabulous</b> 7:00-7:45 A.M. (starts 6/21)		
			<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>S-T-R-E-T-C-H &amp; Strength</b> 9:00-10:00 A.M.	<b>Cardio-Mix</b> 8:15-9:15 A.M. (starts 6/16)
<b>Aquatic Exercise</b> 9:30-10:30 A.M.	<b>Aquatic Stretch &amp; Strength w/ Joanie</b> 9:30-10:30 A.M. (starts in June-see Front Desk)	<b>Aquatic Exercise</b> 9:30-10:30 A.M.	<b>Aquatic Stretch &amp; Strength w/ Joanie</b> 9:30-10:30 A.M. (starts in June-see Front Desk)	<b>Aquatic Exercise</b> 9:30-10:30 A.M.	<b>Small Group Coaching w/ Julie</b> 8:15-9:15 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>Beginner Tai Chi</b> 10:30-11:30 A.M.	<b>Small Group Coaching w/ Amy</b> 10:00-11:00 A.M.	<b>Row &amp; Go</b> 10:30-11:30 A.M.
<b>Functional Strength</b> 11:00-11:30 A.M.	<b>Intro to Meditation</b> 6/5 - 6/26 (4 weeks) 12:00-1:30 P.M.	<b>Functional Strength</b> 11:00-11:30 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.	

**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  
**Purple 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  
**Pink Box** Meditation \$80 for 4-Week Workshop (1.5 hours each week) **Purple Boxes** \$99 for Annual Members (\$10 drop in) / \$15 drop in