

# Chambers Center for Well Being

## Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>Closed</i>	<i>Open from 8:00am to 7:00pm</i>	<i>Open from 9:00am to 7:00pm</i>	<i>Open from 9:00am to 7:00pm</i>	<i>Open from 9:00am to 6:00pm</i>	<i>Open from 8:00am to 1:00pm</i>
8 AM		8:00 - 8:45am Power Yoga		8:00 - 8:45am Pilates Mat		8:00 - 8:45am Active Release
8:30						
9 AM						9:00 - 10:00am Strength & Intervals <i>Redwood Fitness</i>
9:30						
10 AM						
10:30						
11 AM						
11:30						
12 PM	12:00 - 12:30pm Upbeat Intervals	12:00 - 1:00pm Strength & Intervals <i>Redwood Fitness</i>	12:00 - 12:30pm Upbeat Intervals	12:00 - 1:00pm Strength & Cardio <i>Redwood Fitness</i>		
12:30						
1 PM						
1:30						
2 PM						
2:50						
3 p.						
3:50						
4 PM	4:00 - 4:45pm Active Release					
4:30						
5 PM		5:00 - 6:00pm Full Body Fit		5:00 - 6:00pm Full Body Fit		
5:30						
6 PM						
6:30						

Class schedule and instructors are subject to change.

Sign up for group classes by visiting our website or calling reception at 973-971-6301, press 1.

### COLOR CODE GUIDE

IN PERSON CLASS

LIVE STREAMING CLASS

# Chambers Center for Well Being

## Class Description

### Full Body Fit

Utilizing a wide variety of exercises and equipment, work the whole body through a mat-based strengthening class.

### Strength & Cardio

With a focus on strength training and aerobic development, this class combines the best of both approaches through the utilization of weightlifting, Kinesis training and cardio exercises.

### Strength & Intervals

This class' combination of strength training, with an emphasis on intervals, will get you moving for the full duration of the class in a continuous, energetic environment.

### Active Release

With an aim of increasing balance, mobility and posture, this class utilizes a variety of tools to release tension and rebalance the body's alignment.

### Upbeat Intervals

Feel energized and efficient in this fast-paced HIIT class. Multiple movements with minimal rest, this class helps boost metabolism and burn calories.

### Power Yoga

Moving smoothly through the sequence, this power yoga class challenges not only strength and flexibility, but also one's ability to maintain mindfulness through the flow.

### Pilates Mat

Increase alignment and balance of the body through our Pilates Mat class. With a focus on challenging the core, this low impact class is a safe way to sculpt the body in a controlled and efficient manner.

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