

Chelsea Wellness Center  
Class Schedule –  
**Land classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>6:00 am-7:00 am</b> <i>Group Cycling –</i> Dale / SAR</p> <p><b>8:30 am-9:30 am</b> <i>HEAT –</i> Kelle / LAR</p> <p><b>8:30 am-9:30 am</b> <i>Yoga ~Hatha Flow-</i> Rachel / CR</p> <p><b>9:30 am-10:30 am</b> <i>Cardio Fusion –</i> Kelle / LAR</p> <p><b>9:30 am-10:30 am</b> <i>Pilates –</i> Instructor TBD/ CR (Drop in)</p> <p><b>4:15 pm-5:00 pm</b> <i>Body Works –</i> Stacy / LAR</p> <p><b>4:45 pm-5:45 pm</b> <i>Group Cycling –</i> Chris / SAR</p> <p><b>6:00 pm-7:00 pm</b> <i>Group Cycling -</i> Nicole / SAR</p> <p><b>6:15 pm – 7:00 pm</b> <i>Super Sculpt</i> Cindy / LAR</p> <p><b>7:05 pm – 7:30 pm</b> <i>Abs &amp; Core</i> <i>Conditioning</i> Nicole / LAR</p>	<p><b>6:00 am-7:00 am</b> <i>Group Cycling –</i> Chris / SAR</p> <p><b>8:30 am-9: 30 am</b> <i>Group Cycling –</i> Kari / SAR (15max)</p> <p><b>8:30am-9:30am</b> <i>Running 101</i> Kelle/LAR</p> <p><b>9:30 am-10: 30 am</b> <i>Multi Step &amp; Tone –</i> Kimmy / LAR</p> <p><b>10:30 am-11:30 am</b> <i>Power Pump</i> &amp;<i>Stretch-</i> Kimmy / LAR</p> <p><b>12:00 pm-12:30 pm</b> <i>Abs &amp; Core</i> <i>Conditioning</i> Stacy / LAR</p> <p><b>1:00 pm – 2:00 pm</b> <i>Line Dancing –</i> Susan / LAR (Community Ed. Registration Required)</p> <p><b>6:00 pm-7:00 pm</b> <i>Cardio Kick &amp; Sculpt</i> – Nicole / LAR</p> <p><b>7:00 pm-8:15 pm</b> <i>Restorative Flow</i> <i>Yoga –</i> Deb Figiel / CR</p>	<p><b>8:15-9:15am</b> <i>Group Cycling</i> Dale/SAR</p> <p><b>8:30 am-9:30 am</b> <i>Super Sculpt-</i> Dawn / LAR</p> <p><b>9:15 am-10:30 am</b> <i>Solar Flow Yoga –</i> Joanne / CR</p> <p><b>9:30 am-10:30 am</b> <i>Lite N Low –</i> Jeanne / LAR</p> <p><b>11:15am-12:15 pm</b> <i>Pilates –</i> Elaine / LAR (Drop in)</p> <p><b>5:00 pm - 6:00 pm</b> <i>**Group Cycling-</i> <i>Cindy/SAR</i></p> <p><b>5:30 pm – 6:30 pm</b> <i>Pilates –</i> <i>Jean / CR</i> Begins Sept 15</p> <p><b>6:30 pm-7:45 pm</b> <i>Lunar Flow Yoga –</i> Joanne / CR (6pm on 9/8) (6:30 as of 9/15)</p> <p><b>6:00 pm-7:00 pm</b> <i>Group Cycling –</i> Deb / SAR</p> <p><b>6:15 pm- 7:00 pm</b> <i>Super Sculpt</i> Robin / LAR</p> <p><b>7:05 pm – 7:30 pm</b> <i>Abs &amp; Core</i> <i>Conditioning</i> Deb / (LAR)</p>	<p><b>6:00 am-7:00 am</b> <i>Group Cycling –</i> Dale / SAR “Strength, Hills &amp; Power”</p> <p><b>8:30 am-9:30 am</b> <i>Group Cycling –</i> Kari / SAR</p> <p><b>9:30 am-10:30 am</b> <i>Multi Step &amp; Tone –</i> Kimmy / LAR</p> <p><b>10:30 am-11:30 am</b> <i>Power Pump &amp;</i> <i>Stretch –</i> Kimmy / LAR</p> <p><b>12:00 pm-12:30 pm</b> <i>Abs &amp; Core</i> <i>Conditioning -</i> Stacy / LAR</p> <p><b>4:15 pm – 5:00 pm</b> <i>Body Works –</i> Stacy / LAR</p> <p><b>5:30 pm – 6:15 pm</b> <i>Zumba-</i> Michelle / LAR</p> <p><b>6:15 pm-7:15 pm</b> <i>Cardio Fusion –</i> Michelle / LAR</p> <p><b>7:15 pm – 8:30 pm</b> <i>Yoga – Power</i> <i>Ashtanga –</i> Deanna/LAR New Class!</p>	<p><b>6:00 am - 7:00 am</b> <i>Group Cycling -</i> Chris / SAR <i>Time Change!</i></p> <p><b>8:15 am-9:15 am</b> <i>Super Sculpt –</i> Dawn / LAR</p> <p><b>9:00 am-9: 45 am</b> <i>Group Cycling -</i> Nicole / SAR</p> <p><b>9:15 am-9: 45 am</b> <i>Cardio Expresss –</i> Dawn / LAR</p> <p><b>9:50 am – 10:50 am</b> <i>Cardio Fusion</i> Nicole / LAR</p> <p><b>10:15 am-11:30 am</b> <i>SOS Yoga –</i> Deb/ CR</p>	<p><b>7:30 am-8: 30 am</b> <i>Group Cycling –</i> Michelle W / SAR</p> <p><b>8:30 am-9: 30 am</b> <i>Group Cycling –</i> Michelle W / SAR</p> <p><b>8:30 am-9: 40 am</b> <i>Vinyassa Flow Yoga</i> – Joanne / LAR</p> <p><b>9:30 am – 10:30 am</b> <i>Pilates Essential</i> <i>Level I –</i> Elaine/CR (registration required. See Front Desk)</p> <p><b>9:45 am-10: 45 am</b> <i>Body Press \$ Crunch</i> Michelle W / LAR</p> <p><b>10:50 am – 11:50 am</b> <i>Pilates Essential</i> <i>Level II –</i> Elaine/LAR (registration required. See Front Desk)</p>
<b>Circuit Training Classes on Fitness Floor</b>					
<b>SleepWalkers</b> 5:15am – 6:00am Mon/ Wed / Fri					
<b>Afternoon Delight</b> 12:00 – 12:45pm Mon / Wed / Fri					

Chelsea Wellness Center  
Class Schedule –

**Water classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>8:30 am-9: 30 am</b> <i>Stretch &amp; Stroke</i> – BJ / LAP</p> <p><b>9:30 am-10: 30 am</b> <i>Gentle Beginnings</i> – BJ / WARM</p> <p><b>10:45 am-11: 45 am</b> <i>Deep Definition</i> – BJ / WARM</p> <p><b>5:30 pm-6: 30 pm</b> <i>Aqua Lite</i> – Gina / WARM</p> <p><b>6:30 pm – 7:30 pm</b> <i>Sweat &amp; Splash</i> Gina / LAP</p>	<p><b>9:30 am-10: 30 am</b> <i>Sweat &amp; Splash</i> – Jeanne / LAP</p> <p><b>10:30 am-11: 30 am</b> <i>Aqua Lite</i> – Jeanne / WARM</p>	<p><b>8:30 am-9: 30 am</b> <i>Stretch &amp; Stroke</i> – Joni / LAP</p> <p><b>9:30 am-10: 30 am</b> <i>Gentle Beginnings</i> – Stacy / WARM</p> <p><b>10:45 am-11: 45 am</b> <i>Deep Definition</i> – Stacy / WARM</p> <p><b>12:00 pm – 1:00 pm</b> <i>Aquacize w/ Arthritis</i> Stacy / WARM (Community Ed. Registration required)</p>	<p><b>9:30 am-10: 30 am</b> <i>Sweat &amp; Splash</i> – BJ / LAP</p> <p><b>10:30 am-11: 30 am</b> <i>Aqua Lite</i> – BJ / WARM</p> <p><b>5:30 pm-6:30 pm</b> <i>Aqua Tread</i> – Nancy / WARM</p>	<p><b>8:30 am-9: 30 am</b> <i>Sweat &amp; Splash</i> – Joni / LAP</p> <p><b>9:30 am-10: 30 am</b> <i>Aqua Lite</i> – Joni / WARM</p> <p style="text-align: center;">)</p>	<p><b>9:30 am-10: 30 am</b> <i>Instructor Choice</i> Nancy – / WARM</p>
				<p><b><i>Circuit Training Classes on Fitness Floor</i></b></p> <p><b>SleepWalkers</b> 5:15am – 6:00am Mon / Wed / Fri</p> <p><b>Afternoon Delight</b> 12:00 – 12:45pm Mon / Wed / Fri</p>	

**ALL Classes** are “**DROP IN**” and included in your membership.  
Due to space limitations, some classes have a maximum # of participants, so come early.  
**LAR** = Large Aerobics Room    **SAR** = Small Aerobics Room  
**CR** = Conference Room (CR capacity – 22 max) Classes held in Conference Room are subject to possible cancellations due to room scheduling conflicts.  
\* Class schedule subject to change.

- Holiday & Holiday Weekend schedules may vary.

Class times listed include transition / clean up time for back –to – back classes.

**Effective 09/07/10**