

Chelsea Wellness Center
Class Schedule –
Land classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6:00 am-7:00 am <i>Spinning –</i> Dale / SAR</p> <p>7:30 am-8:30 am <i>Yoga – Solar Flow</i> Rachel / CR (6 week trial)</p> <p>8:15am-9:00am <i>Spinning –</i> Carla / SAR (6 week trial)</p> <p>8:30am -9:30am <i>Pilates Level I – Beginners</i> Gwyn / CR</p> <p>8:30 am-9:30 am <i>CSI</i> (<i>Cardio,Strength,Intervals</i>) – Kelle / LAR</p> <p>9:35 am-10:30 am <i>Cardio Fusion –</i> Kelle / LAR</p> <p>9:30 am-10:30 am <i>Pilates Level II –</i> Gwyn/ CR</p> <p>4:15 pm-5:00 pm <i>Body Works –</i> Amber / Stacy LAR</p> <p>5:00 pm-5:45 pm <i>Spinning –</i> Nicole / SAR (Ticket Required – Go to Fitness Desk)</p> <p>5:50 pm-6:40 pm ***<i>H.I.I.T. Express</i> <i>High Intensity Interval</i> <i>Training</i> Brett / LAR</p> <p>6:00 pm-6:40 pm <i>Spinning -</i> Nicole / SAR</p> <p>6:45 pm-8:00 pm <i>Yoga- Power/Ashtanga</i> Deanna / LAR</p>	<p>6:00 am-7:00 am <i>Spinning –</i> Cindy W. / SAR</p> <p>8:30am-9:30am <i>Yoga-Vinyassa</i> Nicole / LAR</p> <p>9:40 am-10: 40 am <i>Multi Step & Tone –</i> Kimmy / LAR</p> <p>10:40 am-11:40 am <i>Power Pump</i> <i>&Stretch-</i> Kimmy / LAR</p> <p>12:00 pm-12:30 pm <i>Abs & Core</i> <i>Conditioning</i> Stacy/Kimmy LAR</p> <p>1:00 pm – 2:00 pm <i>Line Dancing –</i> Susan / LAR (Community Ed. Registration Required)</p> <p>5:00pm – 6:00pm <i>Spinning –</i> Dale /SAR</p> <p>6:00 pm-7:00 pm <i>Pilates Level I & II</i> <i>Combo –</i> Ginger / CR</p> <p>6:00 pm-7:00 pm <i>Cardio Kick &</i> <i>Sculpt –</i> Nicole/ LAR</p> <p>7:00 pm-8:00 pm <i>Restorative Flow</i> <i>Yoga –</i> Emily / CR</p>	<p>8:15-9:15am <i>Spinning</i> Dale/SAR</p> <p>8:30 am-9:30 am <i>H.I.I.T.</i> <i>High Intensity</i> <i>Interval Training-</i> Dawn / LAR</p> <p>9:15 am-10:30 am <i>Solar Flow Yoga –</i> Joanne / CR</p> <p>9:30 am-10:30 am <i>Zumba and Toning –</i> Jeanne / LAR</p> <p>11:30am-12:30 pm <i>Pilates Level II –</i> Gwyn / LAR</p> <p>6:00 pm-7:00 pm <i>Spinning –</i> Deb / SAR</p> <p>6:00 pm- 6:50 pm <i>Butts & Guts</i> Kelle/Robin LAR</p> <p>6:00 pm-7:00 pm <i>Hatha Flow Yoga –</i> Rachel / CR</p> <p>6:50pm-7:35pm <i>Zumba –</i> Jaimie / CR</p>	<p>6:00am-6:45am <i>H.I.I.T Express</i> Andy / LAR (6 week trial)</p> <p>6:00 am-7:00 am <i>Spinning –</i> Dale / SAR</p> <p>8:30 am-9:30 am <i>Spinning –</i> Carla / SAR</p> <p>8:30 am-9:30 am <i>Power Pilates –</i> Elaine / LAR</p> <p>9:30 am-10:30 am <i>GYROKINESIS –</i> Elaine / CR</p> <p>9:40 am-10:40 am <i>Multi Step & Tone –</i> Kimmy / LAR</p> <p>10:40 am-11:40 am <i>Power Pump &</i> <i>Stretch –</i> Kimmy / LAR</p> <p>12:00 pm-12:30 pm <i>Abs & Core</i> <i>Conditioning -</i> Stacy/Kimmy LAR</p> <p>4:15 pm – 5:00 pm <i>Body Works –</i> Stacy / Nikki LAR</p> <p>5:00 pm – 5:45 pm <i>H.I.I.T Express –</i> Brett / LAR</p> <p>5:00 pm – 5:45 pm <i>Spinning -</i> Michelle / SAR (6 week trial)</p> <p>6:00 pm-7:00 pm <i>Cardio Fusion –</i> Michelle / LAR</p>	<p>5:45 am - 6:45 am <i>Spinning -</i> Cindy W. / SAR</p> <p>8:15 am-9:15 am <i>Super Sculpt –</i> Dawn / LAR</p> <p>9:00 am-9: 45 am <i>Spinning –</i> Nicole / SAR (Ticket Required- See Fitness Desk)</p> <p>9:15 am-10:00 am <i>Zumba –</i> Dawn / LAR</p> <p>10:00am –10:50 am <i>Cardio Fusion</i> Nicole / LAR</p> <p>10:15 am-11:30 am <i>SOS Yoga –</i> Natalie / CR</p>	<p>7:30 am-8: 30 am <i>Spinning –</i> Michelle W / SAR</p> <p>8:30 am-9: 30 am <i>Spinning –</i> Michelle W / SAR</p> <p>8:30 am-9: 40 am <i>Vinyassa Flow Yoga</i> -Deanna / LAR</p> <p>9:30am-10:30am <i>Pilates Level II -</i> Ginger / CR (Previous experience in Level I class required)</p> <p>9:50 am-10: 50 am <i>Cardio Fusion</i> Michelle W / LAR</p>
					<p style="text-align: center;"><i>Circuit Training Classes on Fitness Floor</i></p> <p style="text-align: center;">SleepWalkers 5:15am – 6:00am Mon/ Wed / Fri</p> <p style="text-align: center;">Afternoon Delight 12:00 – 12:45pm Mon / Wed / Fri</p>

Chelsea Wellness Center
Class Schedule –

Water classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:30 am-9: 30 am <i>Stretch & Stroke</i> – BJ / LAP</p> <p>9:30 am-10: 30 am <i>Aqua Combo</i> – BJ / WARM</p> <p>10:45 am-11:45 am <i>Aqua Fusion</i> – BJ / WARM (Pool closed to non-participants)</p> <p>5:30 pm-6: 30 pm <i>Aqua Lite</i> – Instructors Rotate / WARM</p>	<p>9:30 am-10: 30 am <i>Sweat & Splash</i> – Jeanne / LAP</p> <p>10:30 am-11: 30 am <i>Aqua Lite</i> – Jeanne / WARM</p>	<p>8:30 am-9: 30 am <i>Stretch & Stroke</i> – Gina / LAP</p> <p>9:30 am-10: 30 am <i>Gentle Beginnings</i> – Stacy / Jen / WARM</p> <p>10:45 am-11: 45 am <i>Deep Definition</i> – Stacy / Jen / WARM</p> <p>12:00 pm – 1:00 pm <i>Aquacize w/ Arthritis</i> Stacy / Jen / WARM (Community Ed. Registration required)</p>	<p>9:30 am-10: 30 am <i>Sweat & Splash</i> – BJ / LAP</p> <p>10:30 am-11: 30 am <i>Aqua Lite</i> – BJ / WARM</p> <p>5:30 pm-6:30 pm <i>Deep Water Fun</i> – Nancy / WARM</p>	<p>8:30 am-9: 30 am <i>Sweat & Splash</i> – Joni / LAP</p> <p>9:30 am-10: 30 am <i>Aqua Lite</i> – Joni / WARM</p>	<p>9:30 am-10: 30 am <i>Step, Stretch, and Flex</i> Nancy – / WARM</p>
				<p><i>Circuit Training Classes on Fitness Floor</i></p> <p>SleepWalkers 5:15am – 6:00am Mon / Wed / Fri</p> <p>Afternoon Delight 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 01/02/12