

Chelsea Wellness Center
Class Schedule –
Land classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am-7:00 am Group Cycling – Dale / SAR 8:30 am-9:30 am HEAT – Kelle / LAR 8:30 am-9:30 am Yoga ~Hatha Flow- Rachel / CR 9:30 am-10:30 am Lite N Low – Kelle / LAR 9:30 am-10:30 am Pilates – Chris / CR (Drop in) 4:15 pm-5:00 pm Body Works – Stacy / LAR 4:45 pm-5:45 pm Group Cycling – Kari / SAR 6:00 pm-7:00 pm Group Cycling - Nicole / SAR 6:15 pm – 7:00 pm Super Sculpt Cindy / LAR 7:00 pm – 7:45 pm Group Cycling Chris R/ SAR <i>(Jan-Mar only)</i> 7:05 pm – 7:30 pm Abs & Core Conditioning Nicole / LAR	5:15am-6:00am BOSU Blast Joe / LAR 6:00 am-7:00 am Group Cycling – Joe / SAR 7:15 am -8:15 am Group Cycling Joe/SAR <i>(Jan – Mar only)</i> 8:30 am-9: 30 am Group Cycling – Joe / SAR (15max) 9:30 am-10: 30 am Multi Step & Tone – Kimmy / LAR 10:30 am-11:30 am Power Pump &Stretch- Kimmy / LAR 12:00 pm-12:30 pm Abs & Core Conditioning Stacy / LAR 1:00 pm – 2:00 pm Line Dancing – Susan / LAR (Community Ed. Registration Required) 6:00 pm – 7:00 pm Pilates- Elaine / CR (Drop in) 6:00 pm-7:00 pm Cardio Kick & Sculpt – Nicole / LAR 7:00 pm-8:15 pm Restorative Flow Yoga – Deb Figiel / CR	8:30 am-9:30 am Super Sculpt- Dawn / LAR 9:15 am-10:30 am Solar Flow Yoga – Joanne / CR 9:30 am-10:30 am Lite N Low – Jeanne / LAR 11:15am-12:15 pm Pilates – Elaine / LAR (Drop in) 4:45 pm – 5:45 pm Group Cycling Cindy C / SAR <i>(Jan-Mar only)</i> 6:15 pm- 7:00 pm Super Sculpt Robin / LAR 6:00 pm-7:15 pm Lunar Flow Yoga – Joanne / CR 6:00 pm-7:00 pm Group Cycling – Deb / SAR 7:05 pm – 7:30 pm Abs & Core Conditioning Deb / (LAR)	6:00 am-7:00 am Group Cycling – Joe / SAR 7:15 am-8:15 am Group Cycling – Joe / SAR <i>(Jan – Mar only)</i> 8:30 am-9:30 am Group Cycling – Joe / SAR 9:30 am-10:30 am Multi Step & Tone – Kimmy / LAR 10:30 am-11:30 am Power Pump & Stretch – Kimmy / LAR 10:15 am-11:30 am SOS Yoga – Nancy/ CR 12:00 pm-12:30 pm Abs & Core Conditioning - Stacy / LAR 4:15 pm – 5:00 pm Body Works – Stacy / LAR 5:30 pm – 6:15 pm Zumba- Michelle / LAR 5:30pm – 6:30pm Vinyassa Flow Yoga- Rachel / CR 6:15 pm-7:15 pm Cardio Fusion – Michelle / LAR 6:30 pm – 7:30 pm Pilates – Kristi / LAR (Drop in)	5:15 am - 6:15 am Group Cycling - Dale / SAR 8:15 am-9:00 am Super Sculpt – Dawn / LAR 9:00 am-9: 45 am Group Cycling - Nicole / SAR 9:00 am-9: 45 am Cardio & Abs Expresss – Dawn / LAR 9:50 am – 10:50 am Lite N Low Nicole / LAR	7:30 am-8: 30 am Group Cycling – Michelle W / SAR 8:30 am-9: 30 am Group Cycling – Michelle W / SAR 8:30 am-9: 40 am Vinyassa Flow Yoga - Joanne / LAR 9:30 am – 10:30 am Pilates Essential Level I – Elaine/CR <i>(registration required. See Front Desk)</i> 9:45 am-10: 45 am Body Press \$ Crunch Michelle W / LAR 10:50 am – 11:50 am Pilates Essential Level II – Elaine/LAR <i>(registration required. See Front Desk)</i>
Circuit Training Classes on Fitness Floor SleepWalkers 5:15am – 6:00am Mon / Tues / Wed / Thur Afternoon Delight 12:00 – 12:45pm Mon / Wed / Fri					

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 01/04/10

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>Gentle Beginnings –</i> BJ / WARM</p> <p>10:45 am-11: 45 am <i>Deep Definition –</i> BJ / WARM</p> <p>5:30 pm-6: 30 pm <i>Aqua Lite –</i> Gina / WARM</p> <p>6:30 pm – 7:30 pm <i>Sweat & Splash</i> Gina / LAP</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> Joni / LAP</p> <p>9:30 am-10: 30 am <i>Gentle Beginnings –</i> Stacy / WARM</p> <p>10:45 am-11: 45 am <i>Deep Definition –</i> Stacy / WARM</p> <p>12:00 pm – 1:00 pm <i>Aquacize w/ Arthritis</i> Stacy / 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>Aqua Tread –</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>Instructor Choice</i> Nancy – / WARM</p>
				<p><i>Circuit Training Classes on Fitness Floor</i></p> <p>SleepWalkers 5:15am – 6:00am Mon / Tues / Wed / Thur</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 01/04/10