

# Chelsea Wellness Center

## Thanksgiving Schedule

### THANKSGIVING EVE

WEDNESDAY, NOVEMBER 24<sup>th</sup>

\*CENTER HOURS: 5:00 am – 8 pm

- 10:30 am \*Chair Yoga  
Maureen/ CR
- 10:45 am \*Zumba Gold  
Marta D/ LAR
- 10:45 am \*Aqua Zumba  
Sally/ LAP
- 12:00 pm \*Circuit  
Fitness/ FF
- 12:00 pm \*Aquacise w/ Arthritis  
Sally/ WARM
- 5:30 pm \*Lunar Flow Yoga  
Roo /CR
- 6:00 pm \*\*Spinning® (Pre-Turkey Burn)  
Jeanie X./ SAR



### THANKSGIVING

THURSDAY, NOVEMBER 25<sup>th</sup>

\*CENTER CLOSED

*Wishing you a happy and healthy Thanksgiving!*

### BLACK FRIDAY

FRIDAY, NOVEMBER 26<sup>th</sup>

\*CENTER HOURS: 5:00 am – 5:00 pm

- 9:00 am \*\*Spinning® (Post Turkey Burn)  
Jeanie X / SAR



SATURDAY, NOVEMBER 27<sup>th</sup>

\*CENTER HOURS: 7:00 am – 1:00 pm

- 8:30 am \*\*Spinning®  
Michelle / SAR
- 8:30 am \*\*BODYPUMP™  
Sarah V / V-Live-CHE
- 9:00 am \*Gentle Yoga  
Diane / CR
- 9:45 am \*\*BODYPUMP™  
Michelle W./LAR
- 10:45 am \*\*Aqua Power  
Rhonda / LAP

SUNDAY, NOVEMBER 28<sup>th</sup>

CENTER HOURS: 7:00 am – 1:00 pm

- 10:10 am \*\*Spinning®  
Dale /SAR

