

MONDAY

Morning Classes

8:30 am **Cardio Strength
Jeanie X. /LAR

9:30 am ** Pilates Level I
Stephanie O. /LAR
Virtual & Live @CHE

10:30 am *Seated Stretch, Strength & Stability
Marta D. /CR

10:30 am **Pilates Level II
Stephanie O. /LAR

11:35am **Chair Zumba
Sally S. /LAR
Virtual & Live @CHE

12:00 pm *Circuit (45)
Staff /FF

12:45pm *Aquacise w/ Arthritis
Sally S. /WARM
~ 9 person class cap
**Starts 1/17/22

TUESDAY

6:00 am *HIIT Express (45)**
Peter S. /LAR

8:30 am **Intensity Spinning@
Jeanie X./ SAR

8:30 am **Cardio Strength
Brittainy H. /LAR

9:30 am *Step & Sculpt
Kimmy B./LAR

10:30am *Stretch & Strengthen
Kimmy B. /LAR

10:30 am *Chair Yoga
Jeanette B. / DEX
Virtual & Live @DEX

11:30 am *Chair Yoga
Maureen T. /CR

WEDNESDAY

9:30 am **BODYPUMP™
Sarah V. /LAR

9:30 am ** Pilates Level I
Stephanie O. /DEX
Virtual & Live @DEX

10:30am *Chair Yoga
Maureen T. /CR

10:45am *Zumba@ Gold Toning
Marta D. /LAR

10:45am *Aqua Zumba@
Sally S. /LAP

12:00pm *Circuit (45)
Staff /FF

12:00pm *Aquacise w/Arthritis
Sally S. /WARM
~ 9 person class cap
**Starts 1/19/22

THURSDAY

6:00 am *HIIT Express (45)**
Peter S./LAR

8:30 am **Intensity Spinning@
Jeanie X./SAR

8:30 am **Agility Strength
Brittainy H. /LAR

8:30 am *Nia
Megan F. /DEX
Virtual & Live @DEX

12:00pm *Chair Zumba@ Gold
Sally S./LAR

1:15 pm *Line Dancing
Sally S./LAR

FRIDAY

8:30 am **Cardio Strength
Jean D. /LAR

9:00 am **Spinning@
Jeanie X. /SAR

9:45 am **Foam Roller (45)
Kari G. /CR
Virtual & Live @CHE

9:45am *Aqua Power (45)
Jean D. /LAP limit 20

10:30 am **Aqua Power (45)
Jean D. /LAP limit 20

11:15 pm **Senior Power
Sally S. /LAR
Virtual & Live @CHE

12:45pm *Aquacise w/ Arthritis
Sally S./WARM
~ 9 person class cap
**Starts 1/14/22

SATURDAY

8:30 am **BODYPUMP™
Sarah V. /LAR
Virtual & Live @CHE

8:30 am **Spinning@
Michelle W. /SAR

9:45 am **BODYPUMP™
Michelle W. /LAR

10:45am **Aqua Power
Rhonda C./ LAP

SUNDAY

9:00 am **Spinning@
Dale K. /SAR

10:15am ** Yoga
Rotation /LAR



Evening Classes

4:15 pm **Strength Conditioning (45)
Stacy S./LAR

6:00 pm **BODYPUMP™
Sarah V./ LAR
Virtual & Live @CHE

5:30 pm *Aqua Power
Nikki F. /LAP

5:30 pm *Lunar Flow Yoga
Roo M. /CR

6:00 pm **Spinning
Jeanie X./ SAR

5:15 pm ** Spinning@ (45)
Michelle W. /SAR

6:15 pm **BODYPUMP™
Michelle W. /LAR

Level Indicator(*) (**) (***)

(*) **Beginner**
All levels welcome, entry level.

(**) **Intermediate**
Most levels welcome, fitness experience & active lifestyle recommended.

(***) **Advanced**
Requires experienced fitness level and conditioned individual.

■=Registration Required:

* In center registration opens 1 day in advance.

~ Classes are 60 minutes* unless otherwise indicated

MASKS are Required in all LAND Classes

Mask can create high aerobic demand, please participate with caution

Class Locations

CR: Conference Room
DEX: Dexter Wellness Ctr.
FF: Fitness Floor
LAP: Lap Pool
LAR: Large Aerobic Room
SAR: Spinning Room
WARM: Therapy Pool

Color Key

PURPLE=Combination Virtual & In person Class @ CWC
PINK= Combination Virtual & In person Class @ DWC
BLUE = Aqua class
RED = New classes and/or changes

Registration required for all Virtual classes: Virtual class registration opens 5 days in advance. Register online through the member self-service portal on our website or center app. You must have access to your member self-service account and have Zoom software downloaded on your device for virtual classes. Please arrive on time. Virtual classes are locked 10 minutes after the start of class.

CLASS DESCRIPTIONS

****Agility Strength:** Burn calories with getting your heart up with agility base exercise. Strengthen and Tone your muscle while using weights, balls, BOSU, barbells, and other training equipment.

****Aqua Power/**Aqua Power Deep:** This high intensity workout will cover both cardio and strength building. Increase your core strength, endurance and power with the help of various techniques, buoyant dumbbells and noodles. The “Deep” class takes place in the deep end of the lap pool

****Aqua Zen:** An aqua blend of yoga, tai chi and Pilates to target stretching, balance, focus, relaxation and energy flow.

****Aqua Zumba@:** A dance-based, safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and exhilarating.

***Aquacize with Arthritis:** This low-impact class is perfect for those living with arthritis, osteoporosis, or anyone looking to improve joint mobility. Exercises are designed to help increase range of motion, flexibility, strength, and endurance for daily life.

****Barre:** An intense toning class that uses high reps and fuses ballet barre technique, Pilates, yoga, and weight-training.

****BODYPUMP™:** Experience the ideal workout to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. In this class, our LES MILLS™ certified group exercise instructors will lead you through scientifically-backed moves and techniques pumping out encouragement, motivation and great music. *Virtual: requires some kind of weights.*

****Cardio Strength/ Strength & Sculpt Express:** Strengthen and Tone your muscle while you burn calories with floor aerobics while using weights, balls, BOSU, barbells, and other training equipment.

***Chair Yoga:** A slow paced, gentle stretch that is accessible for everybody. Relax and find your way into a moving meditation that melts away stress and brings greater comfort to the body. Suitable for people with arthritis and those unable to get on the floor without assistance. *Virtual: needs a chair with no arms.*

***Chair Zumba@ Gold:** A modified Zumba class made just for you! Improve your flexibility, coordination and your stamina all the while having fun, and moving to oldies & current music and socializing with friends. *Virtual: needs a chair with no arms.*

***Circuit:** A circuit based, total body workout appropriate for all fitness levels.

***Foam Rolling:** This class is focused on helping you get a better stretch and increase your range of motion and mobility with the use of a foam roller.

***Gentle Yoga:** A gentle form of yoga that is slow-paced and thoughtful. Great for beginners or as a condensed restorative practice.

*****HIIT (High Intensity Interval Training)/HIIT Express:** One of the best methods to boost resting metabolism rate and burn calories. This class uses intervals to increase endurance and strength as well as elevate heart rate in both aerobic and anaerobic heart rate zones. Please exercise with caution.

***/**Intensity Spin@:** A fun and challenging cardiovascular workout that will help enhance speed, strength, and stamina. Your ride will incorporate hills, sprints and endurance intervals. If you are a beginner, please arrive 10 minutes early for proper set-up. Heart rate monitors recommended!

****Kettlebell Combo:** Kettlebell training is one of the best methods to work aerobically and burn calories, all while strengthening the legs, core, and glutes. NOTE: This class is NOT for people with knee, hip, elbow, or shoulder issues, or high blood pressure.

***Line Dancing:** Line Dances are choreographed dances with a repeating series of steps that are performed in unison. Easy to learn and a great way to get exercise while having fun!

***Lunar Flow Yoga:** Long held poses combined with a gentle, flowing Vinyasa practice. Intensity varies.

***Nia:** Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, it is a holistic fitness practice addressing each aspect of your life-body, mind and soul. It combines 52 simple moves with dance arts, martial arts and healing arts to get you fit in 60 minutes.

****Pilates level I/II:** Build torso and core strength as well as increase flexibility and joint mobilization through a series of floor exercises and micro-movements.

****Pound@:** Using lightly weighted drumsticks, this class fuses cardio, conditioning, and strength training with yoga and Pilates inspired movements for a heart-pumping workout!

***Seated Stretch, Strength & Stability:** This gentle mind-body movements to progressively decompress and mobilize your joints, strengthen your entire body and improve your balance while seated and standing.

***Senior Power:** This all levels class provides dance movements and weight strengthen your joints, mobility and improve balance. *Virtual: needs a chair with no arms*

****Spinning@/Spinning Express@:** A fun and exciting stationary bike ride for all levels of fitness. You will be coached and motivated through a simulated bicycling journey. If you are a beginner, please arrive 10 minutes early for proper set-up. Heart rate monitors recommended!

***Step & Sculpt:** An easy to follow, fat burning class that is perfect for all fitness levels. All movements can be done with a step or on the floor. Weights, bands, & balls are also incorporated!

***Stretch & Strengthen:** Strengthen and stretch all muscle groups while building endurance and flexibility. Great for all ages and abilities!

****Vinyasa Yoga:** Balance, flexibility, strength, and more! Fluid choreography combining breath and movement.

****Yoga fit** workout class is the 1st step to create a calm rejuvenated mindset. This vinyasa yoga practice links a flowing series of poses that create strength, flexibility, endurance and balance.

****Zumba@:** A fusion of Latin and International music helps create a dynamic, exciting, effective workout with fun aerobic/fitness interval training! So fun, you don’t notice how high your heart rate can get!

Note: Rotating instructors: Style and pace may vary between instructors.

GROUP EXERCISE PARTICIPANT GUIDELINES

Members and guests participating in class are asked to adhere to the following to help keep classes at the highest possible standard:

1. Mask is required for all in center classes.
2. Arrive on time (or a few minutes early.)
3. Keep conversations to a minimum.
4. Be courteous to other class participants and classes. Transition time is built into back to-back classes. If there is a class scheduled to start immediately following another we ask participants to exit quickly so that all classes can start on time
5. Do not use cell phones/electronic devices during class.
6. Prioritize safety and health above all else.
7. Please go to your instructor with questions and comments before or after class and they will answer them to the best of their ability.



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Effective: 1/3/2022

<u>Center Hours</u>	<u>KIM Hours</u>
Mon–Thurs: 5 am - 8 pm	Closed
Fri: 5 am - 7 pm	
Sat: 7 am - 1 pm	
Sun: 7 am - 1 pm	

The Chelsea Wellness Center reserves the right to make any type of change or substitution at any point.

The Group Exercise Schedule is consistently revised and evaluated for success. Many factors are taken into consideration to ensure a diverse and cohesive schedule including attendance, instructor availability, holidays and weather.

Thank you for your understanding.