



Chelsea Group Ex Class Schedule Independence Day Weekend

FRIDAY, July 1st Center Hours: 5am-7pm	SUNDAY, July 3rd Center Hours: 7am-1pm
<p><u>8:15 am **Strength Express (45)</u> Jeanie X. /LAR</p> <p><u>9:15 am **Spinning® Express (45)</u> Jeanie X. /SAR</p> <p><u>9:30 am **Cardio Strength and Stretch Lite!</u> Marcia S. / LAR</p> <p><u>9:45 am **Foam Roller (45)</u> Kari G. /CR Virtual & Live @CHE</p> <p><u>10:45 am **Aqua Blast</u> Marcia S./ LAP</p> <p><u>11:15 am **Senior Power</u> Sally S. /LAR Virtual & Live @CHE</p> <p><u>12:00 pm *Circuit (45)</u> Staff /FF</p> <p><u>12:30pm *SplashDance</u> Sally S./WARM</p>	<p><u>9:00 am **Spinning®</u> Dale K. /SAR</p> <p><u>10:15am **Yoga</u> Jennifer Leicht/ LAR</p>
	MONDAY, JULY 4 TH INDEPENDENCE DAY Center Hours: 7am-Noon
	<p><u>9:00 am *Gentle Yoga</u> Diane M. / CR</p> <p><u>10:30 am *Aqua Zen</u> Diane M. / WARM</p> <div style="text-align: center;">  </div>
SATURDAY, July 2nd Center Hours: 7am-1pm	TUESDAY, July 5th Center Hours: 5am-8pm
<p><u>8:30 am **BODYPUMP™</u> Sarah V. /LAR Virtual & Live @CHE</p> <p><u>8:30 am **Spinning®</u> Michelle W. /SAR</p> <p><u>9:45 am **BODYPUMP™</u> Michelle W. /LAR</p>	<p><u>8:30 am **Cardio Strength</u> Liz M. /LAR</p> <p><u>9:30 am **Cardio Strength and Stretch Lite!</u> Marcia S. / LAR</p> <p><u>10:30 am *Chair Yoga</u> Maureen T. /CR</p> <p><u>10:30 am *Chair Yoga</u> Jeanette B. / DEX Virtual & Live @DEX</p> <p><u>10:45 am **Aqua Blast</u> Marcia S./ LAP</p> <p><u>6:00 pm **BODYPUMP™</u> Sarah V./ LAR Virtual & Live @CHE</p>

