

Chelsea Group Ex Class Schedule Thanksgiving Weekend

Wednesday, November 23rd- Sunday, November 27th



THANKSGIVING EVE
Wednesday, November 23rd
Center Hours: 5am-8pm

9:30 am *Vin Yin Yoga

Dianna K. /CR

10:45 am *Chair Yoga

Maureen T. /CR

10:45 am *Aqua Zumba®

Sally S. /LAP

11:45 am Gentle Yoga

Maureen D. LAR

12:00 pm *Aquacize with Arthritis

Sally S. /WARM

12:00 pm *Circuit (45)

Staff /FF

5:30 pm **Pre Turkey-Burn Spin (90 min)

Jeanie X./ SAR

BLACK FRIDAY
Friday, November 25th
Center Hours: 5am-5pm

8:30 am **Full Strength

Jeanie X. /LAR

9:30 am **Cardio Strength and Stretch Lite!

Marcia S. / LAR

9:45 am **Foam Roller (45)

Kari G. /CR

Virtual & Live @CHE

10:45 am **Aqua Blast

Marcia S./ LAP

12:00 pm *Circuit (45)

Staff /FF

Saturday, November 26th
Center Hours: 7am-3pm

8:30 am **BODYPUMPTM

Jessica M. /LAR

Virtual & Live @CHE

8:30 am **Spinning®

Michelle W. /SAR

9:45 am **BODYPUMPTM

Michelle W. /LAR

10:45 am **Aqua Power

Rhonda C./ LAP

THANKSGIVING
THURSDAY, NOVEMBER 24th

CENTER CLOSED

*Wishing you a happy and
healthy Thanksgiving!*



Sunday, November 27th
Center Hours: 7am-3pm

9:00 am **Spinning®

Dale K. /SAR

10:15 am **Yoga

Rhonda C. /LAR

