



## Memorial Day Weekend Group Ex Class Schedule 2023

Friday, May 26 <sup>th</sup> Center Hours: 5am-7pm	Saturday, May 27 <sup>th</sup> Center Hours: 7am-3pm
<p style="text-align: center;"><u>6:00am **HIIT</u> Sunshine./LAR</p> <p style="text-align: center;"><u>8:30am **Full Strength</u> Jeanie X./LAR</p> <p style="text-align: center;"><u>8:30am **Spinning®</u> Brittainy H./SAR</p> <p style="text-align: center;"><u>9:45am **Foam Roller (45)</u> Kari G. /CR</p> <p style="text-align: center;"><u>10:30am *Gentle Yoga</u> Meena F. /CR</p> <p style="text-align: center;"><u>12:00pm *Circuit (45)</u> Staff /FF</p>	<p style="text-align: center;"><u>8:30am **BODYPUMP™</u> Beth /LAR</p> <p style="text-align: center;"><u>8:30am **Spinning®</u> Michelle W./SAR</p> <p style="text-align: center;"><u>9:45am **BODYPUMP™</u> Michelle W./LAR</p> <p style="text-align: center;"><u>10:45am **Aqua Power</u> Rhonda C./LAP</p>
Sunday, May 28 <sup>th</sup> Center Hours: 7am-3pm	Monday, May 29 <sup>th</sup> Memorial Day Center Hours: 7am-Noon
<p style="text-align: center;"><u>9:00am **Spinning®</u> Dale K./SAR</p> <p style="text-align: center;"><u>10:15am **Yoga</u> Rhonda C. /LAR</p> <div style="text-align: center;">  <p style="margin: 0;">CHELSEA WELLNESS CENTER</p> </div>	<p style="text-align: center;"><u>8:30am **Cardio Strength</u> Jeanie X./LAR</p> <p style="text-align: center;"><u>9:00am *Gentle Yoga</u> Diane M./CR</p> <p style="text-align: center;"><u>9:30am *Seated Stretch, Strength &amp; Stability</u> Marta D./LAR</p> <p style="text-align: center;"><u>10:30am *Aqua Zen</u> Diane M./WARM</p>