



**Chelsea Class Schedule
 Labor Day Weekend 2023
 Friday, September 1st- Monday, September 4th**

**Friday, September 1st
 Center Hours: 5am-7pm**

6:00am ***Speed & Agility HIIT
 Sunshine. /LAR

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

9:30am **Cardio Strength
 and Stretch Lite!
 Marcia S./LAR

10:30am *Gentle Yoga
 Meena F. /CR

10:45am **Aqua Blast
 Marcia S./LAP

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

**Sunday, September 3rd
 Center Hours: 7am-3pm**

9:00 am **Spinning®
 Dale K. /SAR

10:15am **Yoga
 Maureen T./ LAR

CHELSEA
 WELLNESS
 CENTER

**Saturday, September 2nd
 Center Hours: 7am-3pm**

8:30am **BODYPUMP™
 Beth /LAR

8:30am **Spinning®
 Michelle W./SAR

9:45am **BODYPUMP™
 Michelle W./LAR

**Labor Day
 Monday, September 4th
 Center Hours: 7am-12 pm**

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

9:00am *Yin/Deep Relaxation
 Diane M./CR

9:30am *Seated Stretch,
 Strength & Stability
 Marta D./LAR