

*Chelsea Group Ex  
Class Schedule  
Thanksgiving Weekend*

*Wednesday, November 22<sup>nd</sup>-  
Sunday, November 26<sup>th</sup>*



**THANKSGIVING EVE**  
Wednesday, November 22<sup>nd</sup>  
Center Hours: 5am-9pm

**BLACK FRIDAY**  
Friday, November 24<sup>th</sup>  
Center Hours: 5am-5pm

**8:30am \*\*90 MIN SPIN**

Jeanie X./SAR

**9:00am \*\*Vinyasa Yoga**

Dianna K./CR

**9:45am \*Yin Yoga Mix**

Dianna K./CR

**10:30am \*Zumba®**

Marta D./LAR

**10:45am \*Chair Yoga**

Maureen T./CR

**10:45am \*SplashDance**

Sally S./WARM

**11:30am Free Flow Movement (30)**

Marta D./LAR

**12:00pm \*Circuit (45)**

Staff /FF

**12:00pm \*Aquacize with Arthritis**

Sally S./WARM

**4:30pm \*\*Kettlebell**

Sunshine T./LAR

**6:00pm \*\*\*HIIT Express**

James V./LAR

**6:00am \*\*\*Speed & Agility HIIT**

Sunshine. /LAR

**8:30am \*\*Full Strength**

Jeanie X./LAR

**12:00pm \*Circuit (45)**

Staff /FF



**Saturday, November 25<sup>th</sup>**  
Center Hours: 7am-5pm

**8:30am \*\*BODYPUMPTM**

Beth /LAR

**8:30am \*\*Spinning®**

Michelle W./SAR

**9:45am \*\*BODYPUMPTM**

Michelle W./LAR

**10:45am \*\*Aqua Power**

Rhonda C./LAP

**THANKSGIVING**  
**THURSDAY, NOVEMBER 23<sup>rd</sup>**

**Sunday, November 26<sup>th</sup>**  
Center Hours: 7am-5pm

**\*CENTER CLOSED\***

*Wishing you a happy and healthy  
Thanksgiving!*



**8:45 am \*\*BODYPUMPTM**

Sunshine. /LAR

**9:00 am \*\*Spinning®**

Dale K. /SAR

**10:15 am \*\*Yoga**

Diane M. /LAR