





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12/25	12/26	12/27	12/28	12/29	12/30	12/31
<div>Center CLOSED</div> <div></div> <div>Christmas Day</div>	<div>8:00am *Quick Core! (30min) Brittainy H. /LAR</div> <div>8:30am **Cardio Strength Brittainy H./LAR</div> <div>9:45am Power Rest Dianna K./CR</div> <div>6:00pm **BODYPUMP™ Sunshine. /LAR</div>	<div>9:00am **Vinyasa Yoga Dianna K./CR</div> <div>9:45am *Yin Yoga Mix Dianna K./CR</div> <div>10:30am *Zumba® Marta D./LAR</div> <div>10:45am *SplashDance Sally S./WARM</div> <div>11:30am Free Flow Movement (30) Marta D./LAR</div> <div>12:00pm *Circuit (45) Staff /FF</div> <div>12:00pm *Aquacize with Arthritis Sally S./WARM</div> <div>4:30pm **Kettlebell Sunshine T./LAR</div> <div>6:00pm ***HIIT Express James V./LAR</div>	<div>9:30am **Sivananda Yoga Maureen T./CR</div> <div>10:45am *Gentle Yoga Maureen T./LAR</div> <div>12:00pm *Chair Zumba® Gold Sally S./LAR</div> <div>1:15pm *Line Dancing Sally S./LAR</div> <div>5:15pm ** Spinning® (45) Michelle W./SAR</div> <div>6:15pm **BODYPUMP™ Michelle W./LAR</div>	<div>6:00am ***Speed & Agility HIIT Sunshine. /LAR</div> <div>8:30am **Spinning Brittainy H./SAR</div> <div>11:30am *Seated Cardio Beats Sally S./LAR</div> <div>12:00pm *Circuit (45) Staff /FF</div> <div>12:45pm *SplashDance Sally S./WARM</div> <div>5:30pm *Pop-Up Fitness Classes: Setting Intention Yoga Diane M. / LAR</div>	<div>8:30am **BODYPUMP™ Jessica M./LAR</div> <div>8:30am **Spinning® Michelle W./SAR</div> <div>9:45am **BODYPUMP™ Michelle W./LAR</div>	<div>8:45am **BODYPUMP™ Sunshine T. /LAR</div> <div>9:00am **Spinning® Dale K./SAR</div> <div>10:15am **Yoga Maureen/LAR</div> <div></div>
1/1/2024	1/2	1/3	1/4	1/5	1/6	1/7
<div>Center CLOSED</div> <div></div> <div>New Year's Day</div>	<div>8:00am *Quick Core! (30min) Brittainy H. /LAR</div> <div>8:30am **Cardio Strength Brittainy H./LAR</div> <div>8:30am **Intensity Spinning® Jeanie X./SAR</div> <div>9:30am **Cardio Strength and Stretch Lite! Marcia S./LAR</div> <div>9:45am Power Rest Dianna K./CR</div> <div>10:45am **Aqua Blast Marcia S./LAP</div> <div>11:00am *Chair Yoga Maureen T./CR</div> <div>12:00pm *Spin & Circuit Marcia /SAR/LAR</div> <div>6:00pm **BODYPUMP™ Sunshine. /LAR</div>	<div>8:30am **Barre™ Liz M./LAR</div> <div>9:00am **Vinyasa Yoga Dianna K./CR</div> <div>9:45am *Yin Yoga Mix Dianna K./CR</div> <div>10:30am *Zumba® Marta D./LAR</div> <div>10:45am *Chair Yoga Maureen T./CR</div> <div>10:45am *SplashDance Sally S./WARM</div> <div>11:30am Free Flow Movement (30) Marta D./LAR</div> <div>12:00pm *Circuit (45) Staff /FF</div> <div>12:00pm *Aquacize with Arthritis Sally S./WARM</div> <div>4:30pm **Kettlebell Sunshine T./LAR</div> <div>5:30pm **Spinning Jeanie X./SAR</div> <div>5:30pm *Lunar Flow Roo M./CR</div> <div>6:00pm ***HIIT Express James V./LAR</div>	<div>8:30am **Intensity Spinning® Jeanie X./SAR</div> <div>8:30am **Cardio Strength Liz M./LAR</div> <div>9:30am **Cardio Strength & Stretch Lite! Marcia S./LAR</div> <div>9:30am **Sivananda Yoga Maureen T./CR</div> <div>10:45am *Gentle Yoga Maureen T./LAR</div> <div>10:45am **Aqua Blast Marcia S./LAP</div> <div>12:00pm *Chair Zumba® Gold Sally S./LAR</div> <div>1:15pm *Line Dancing Sally S./LAR</div> <div>5:15pm ** Spinning® (45) Michelle W./SAR</div> <div>6:15pm **BODYPUMP™ Michelle W./LAR</div>	<div>6:00am ***Speed & Agility HIIT Sunshine. /LAR</div> <div>8:30am **Full Strength Jeanie X./LAR</div> <div>8:30am **Spinning Brittainy H./SAR</div> <div>9:30am **Cardio Strength and Stretch Lite! Marcia S./LAR</div> <div>10:45am **Aqua Blast Marcia S./LAP</div> <div>11:30am *Seated Cardio Beats Sally S./LAR</div> <div>12:00pm *Circuit (45) Staff /FF</div> <div>12:45pm *SplashDance Sally S./WARM</div>	<div>8:30am **BODYPUMP™ Beth K./LAR</div> <div>8:30am **Spinning® Michelle W./SAR</div> <div>9:45am **BODYPUMP™ Michelle W./LAR</div> <div><div>Level Indicator</div><div>*Beginner All levels welcome, entry level.</div><div>**Intermediate Most levels welcome, fitness experience and active lifestyle recommended.</div><div>***Advanced Requires experienced fitness level and conditioned individual.</div><div>Classes are 60 minutes * unless otherwise indicated</div><div>*Please Note: Transition time is built into back to back classes. We ask that participants exit quickly so that all classes can start on time.</div></div>	<div>8:45am **BODYPUMP™ Sunshine T. /LAR</div> <div>9:00am **Spinning® Dale K./SAR</div> <div>10:15am *Gratitude Yoga Dianna K. /LAR</div> <div><div>Class Locations:</div><div>LAR: Large Aerobic Room</div><div>CR: Conference Room</div><div>SAR: Small Aerobic Room</div><div>FF: Fitness Floor</div><div>WARM: Therapy Pool</div><div>LAP: Lap Pool</div><div></div></div>

CLASS DESCRIPTIONS

***Aqua Blast** is an energizing workout for members looking for a class with moderate impact. This class focuses on building your endurance, core strength, and balance by using water resistance and aqua aerobic equipment.

***Aqua Zen:** An aqua blend of yoga, tai chi, and Pilates to target stretching, balance, focus, relaxation and energy flow.

***Aquaize with Arthritis:** This low-impact class is perfect for those living with arthritis, osteoporosis, or anyone looking to improve joint mobility. Exercises are designed to help increase range of motion, flexibility, strength, & endurance for daily life.

****Barre™:** An intense toning class that uses high reps and fuses Pilates, yoga, weight-training and ballet barre technique.

****BODYPUMP™:** Experience the ideal workout to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. In this class, our LES MILLS™ certified instructors will lead you through scientifically-backed moves and techniques pumping out encouragement, motivation and great music.

***Cardio Beats:** This class combines cardio exercise and drumming to the rhythm of upbeat music for a workout that is perfect for all levels of fitness. It's a fun, fast-paced way to get your heart rate up, improve your rhythm, and burn calories. Even if you typically move to the beat of your own drum, this class is for you! Stability ball and drumsticks provided!

****Cardio Strength:** This class will get your heart rate up with aerobics-based exercises designed to burn calories. It will also focus on strengthening and toning your muscles while using dumbbells, BOSU and Stability balls, barbells, and other training equipment.

Cardio Strength and Stretch Lite! A lite version of the full body workout combining cardio, weights, BOSU, with a concentration of stretching muscles at the end of class.

***Chair Yoga:** A slow paced, gentle stretch that is accessible for everybody. Relax and find your way into a moving meditation that melts away stress and brings greater comfort to the body. Suitable for people with arthritis and those unable to get on the floor without assistance.

***Chair Zumba® Gold:** A modified Zumba class made just for you! Improve your flexibility, coordination and your stamina all the while having fun, and moving to oldies & current music and socializing with friends.

***Circuit:** A circuit based, total body workout appropriate for all fitness levels. This class takes place on the Fitness Floor.

***Free Form Movement:** Enjoy the wonderful and free feeling of movement in a stress-free environment. Improve harmony, coordination, confidence and self-expression. Be You!

***Foam Rolling:** This class is focused on helping you get a better stretch and increase your range of motion and mobility with the use of a foam roller.

Full Strength: Focus on getting stronger in this class. All of your muscle groups will get a workout using dumbbells, BOSU and Stability balls, barbells, and other training equipment.

***Gentle Yoga:** A gentle form of yoga that is slow-paced and thoughtful. Great for beginners or as a condensed restorative practice.

*****HIIT (High Intensity Interval Training)/HIIT Express:** One of the best methods to boost resting metabolism rate and burn calories. This class uses intervals to increase endurance and strength as well as elevate heart rate in both aerobic and anaerobic heart rate zones. Please exercise with caution.

***/**Intensity Spin®:** A fun and challenging cardiovascular workout that will help enhance speed, strength, and stamina. Your ride will incorporate hills, sprints and endurance intervals. If you are a beginner, please arrive 10 minutes early for proper set-up. Heart rate monitors recommended!

****Kettlebell:** Kettlebells offer a different kind of training using dynamic moves that will increase strength, balance, agility & cardio endurance.

***Line Dancing:** Line Dances are choreographed dances with a repeating series of steps that are performed in unison. Easy to learn and a great way to get exercise while having fun!

***Lunar Flow Yoga:** Long held poses combined with a gentle, flowing Vinyasa practice. Intensity varies.

****Pilates level I/II:** Build torso and core strength as well as increase flexibility and joint mobilization through a series of floor exercises and micro-movements.

***Power Rest (Nidra):** Through guided relaxation the body rests while the mind remains conscious, leaving you feeling energized, rested and powerfully focused. This one-hour session is equal to four hours of restful sleep. Option to bring your own pillow, blanket and eye cover.

*** Seated Cardio Beats** Drum along to the beat of an eclectic mix of music while seated using lightly weighted drumsticks. This class will help improve strength & endurance, as well as grip, wrist, upper body strength & flexibility. Members can adjust the intensity to fit any level! Drumsticks provided!

***Seated Stretch, Strength & Stability:** This class uses gentle mind-body movements to progressively decompress and mobilize your joints, strengthen your entire body and improve your balance in seated and standing positions.

***Senior Power:** This all levels class provides dance movements and weights to strengthen your joints, mobility and improve balance.

****Sivananda Yoga:** This class offers a modified version of the classic Hatha yoga practice. It features a prescribed sequence of movements and postures, each followed by a brief period of rest (Savasana). This practice is accessible for all levels.

*****Speed & Agility HIIT** This class focuses on improving speed and agility using intervals to increase strength and endurance while elevating the heart rate.

****Spinning®/Spinning Express®:** A fun and exciting stationary bike ride for all levels of fitness. You will be coached and motivated through a simulated bicycling journey. If you are a beginner, please arrive 10 minutes early for proper set-up. Heart rate monitors recommended!

Splash Dance: This low impact dance-based class in the warm pool is perfect for those who want to splash-splash to the beat of the music. Choreographed moves in the water provide a safe and effective workout for all ages and fitness levels. Increase mobility and balance while having a swimmingly good time!

****Vinyasa Yoga:** Balance & flexibility is the focus of this class. Sequences of flowing poses link together breath & movement.

****Strength Circuit:** Moving through a circuit of different exercises this class incorporates dumbbells, body weight, kettlebells & more to give you a fast & furious workout with a focus on muscle toning & getting strong overall.

***Quick Core:** This class focuses on strengthening the abdominals, glutes, lower back and hips through performing a variety of exercises that will challenge you to your core!

***Vin Yin:** A combination of two opposite styles of yoga. Class begins with Vinyasa, a flowing sequence of poses used to warm the muscles and build strength. Yin allows the space to turn inward while holding grounded poses to create flexibility in the ligaments and joints. You will leave feeling balanced in body and mind.

***Yin Yoga Mix:** Focus is on the body's deep connective tissues, the ligaments, fascia and joints. By holding grounded poses, flexibility, mobility and body awareness are improved. Class may include stretching, guided meditation or foam roller.

***Yoga:** This class uses breathing exercises, meditation and poses designed to encourage relaxation and reduce stress. Based on an ancient practice that brings together mind and body it incorporates a variety of the different styles, practices and disciplines of the teachings of Yoga.

****Zumba®:** A fusion of Latin and International music helps create a dynamic, exciting, effective workout with fun aerobic/fitness interval training! So fun, you don't notice how high your heart rate can get!

A Note on rotating instructors: Style and pace may vary between instructors.

GROUP EXERCISE PARTICIPANT GUIDELINES

*Members and guests participating in class
are asked to adhere to the following to help
keep classes at the highest possible standard:*

*Masks are optional.

*Arrive on time (or a few minutes early.)

*Keep conversations to a minimum.

*Be courteous to other class participants and classes.

*Transition time is built into back-to-back classes. If there is a class scheduled to start immediately following another we ask participants to exit quickly so that all classes can start on time

*Do not use cell phones/electronic devices during class.

*Prioritize safety and health above all else.

*Please go to your instructor with questions and comments before or after class and they will answer them to the best of their ability.

Christmas Holiday Weekend Schedule

Thursday 12/21 Center Hours: 5am-8pm

8:30am **Intensity Spinning®

Jeanie X./SAR

8:30am **Cardio Strength

Liz M./LAR

9:30am **Sivananda Yoga

Maureen T./CR

10:45am *Gentle Yoga

Maureen T./LAR

12:00pm *Chair Zumba® Gold

Sally S./LAR

1:15pm *Line Dancing

Sally S./LAR

5:15pm ** Spinning® (45)

Michelle W./SAR

6:15pm **BODYPUMP™

Michelle W./LAR

Friday 12/22 Center Hours: 5 am-8 pm

6:00am *Speed & Agility HIIT**

Sunshine. /LAR

8:30am **Full Strength

Jeanie X./LAR

8:15am **Spinning

Brittainy H./SAR

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

Marta D./LAR

10:30am **Strength Circuit

Stephne /LAR

11:30am *Seated Cardio Beats

Sally S./LAR

12:00pm *Circuit (45)

Staff /FF

12:45pm *SplashDance

Sally S./WARM

Saturday 12/23 Center Hours 7 am-5 pm

8:30am **BODYPUMP™

Beth/Jessica /LAR

8:30am **Spinning®

Michelle W./SAR

9:45am **BODYPUMP™

Michelle W./LAR

Christmas Eve

Sunday December 24th

Center Hours 7 am-12 pm

8:45 am **BODYPUMP™

Sunshine. /LAR

9:00 am **Spinning®

Dale K. /SAR



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www.chelseawellness.org

Effective: 12/21/23-1/7/24

Center Hours 12/25-12/31

Mon: Christmas Day **CLOSED**

Tues–Thurs: 5:00 am-9:00 pm

Fri: 5:00 am-8:00 pm

Sat: 7:00 am–5:00 pm

Sun: 7:00am-3:00 pm

KIM Hours 12/25-12/30

Mon: Christmas Day **CLOSED**

Tues-Sat: 8:00am-12:30pm

Tues & Thurs: 4:00pm-7:30pm

Center Hours 1/1-1/7

Mon: New Year's Day **CLOSED**

Tues–Thurs: 5:00 am-9:00 pm

Fri: 5:00 am-8:00 pm

Sat: 7:00 am–5:00 pm

Sun: 7:00am-5:00 pm:

KIM Hours 1/1-1/6

Mon: New Year's Day **CLOSED**

Tues-Sat: 8:00am-12:30pm

Tues & Thurs: 4:00pm-7:30pm

The Chelsea Wellness Center reserves the right to make any type of change or substitution at any point.

The Group Exercise Schedule is consistently revised and evaluated for success. Many factors are taken into consideration to ensure a diverse and cohesive schedule including attendance, instructor availability, holidays and weather.

Thank you for your understanding.