

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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

9:00am *Gentle Yoga
Diane M./CR

9:30am **Barre
Jamie W./LAR

**10:00am *Seated Stretch,
Strength & Stability**
Marta D./CR

10:30am **Chair Zumba
Sally S./LAR

10:30am *Aqua Zen
Diane M./WARM

11:30am **Cardio Beats
Sally S./LAR

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

12:30pm *SplashDance
Sally S./WARM

5:30pm **Sivananda Yoga
Maureen T./LAR

6:30pm *Pilates Level I/II
Winn /LAR

8:00am *Quick Core! (30min)
Brittainy H./LAR

8:30am **Cardio Strength
Brittainy H./LAR

8:30am **Intensity Spinning®
Jeanie X./SAR

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

9:45am *Power Rest
Dianna K./CR

10:30am **Barre Bootcamp
Jamie W./LAR

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

11:00am *Chair Yoga
Maureen T./CR

12:00pm *Spin & Circuit
Marcia /SAR/LAR

6:00pm **BODYPUMP™
Sunshine. /LAR

7:00pm **Cardio Kickboxing
Lizzy/ LAR

7:00am *Pilates Level I/II
Winn /LAR

8:30am **Barre™
Liz M./LAR

9:00am **Vinyasa Yoga
Dianna K./CR

9:45am *Yin Yoga
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 and Stretch (30)
Marta D./LAR

11:45am *Aquacize with Arthritis
Sally S./WARM

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

4:30pm **Kettlebell
Sunshine T./LAR

5:30pm *Lunar Flow
Roo M./CR

8:30am **Intensity Spinning®
Jeanie X./SAR

8:30am **Cardio Strength
Liz M./LAR

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

9:30am *Pilates Level I/II
Ginger S. /PR

9:30am **Sivananda Yoga
Maureen T./CR

9:30am *Aqua Yoga
Diane M. / WARM

10:30am *Pilates Fusion
Ginger S. /CR

10:45am *Gentle Yoga
Maureen T./LAR

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

12:00pm *Chair Zumba® Gold
Sally S./LAR

1:15pm *Line Dancing
Sally S./LAR

4:15pm **Z Pump Express (45)
Sunshine T./ LAR

5:15pm ** Spinning® (45)
Michelle W./SAR

6:15pm **BODYPUMP™
Michelle W./LAR

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

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

8:30am **Spinning
Brittainy H./SAR

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

9:30am *Gentle Yoga
Trevor E. /CR

10:30am **Strength Circuit
Stephne /LAR

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

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

5:30pm *Pop-Up Fitness Class
Class Style & Instructor Vary

8:30am **BODYPUMP™
Beth /Jessica M./LAR

8:30am **Spinning®
Michelle W./SAR

9:45am **BODYPUMP™
Michelle W./LAR

10:45am **Aqua Power
Rhonda C./LAP

8:45am **BODYPUMP™
Sunshine T. /LAR

9:00am **Spinning®
Dale K./SAR

10:15am **Yoga
Rotation /LAR



Level Indicator (*) () (***)**
 (*) **Beginner**
 All levels welcome, entry level.
 (**) **Intermediate**
 Most levels welcome, fitness
 experience & active lifestyle
 recommended.
 (***) **Advanced**
 Requires experienced fitness level
 and conditioned individual.



Class Locations
CR: Conference Room
FF: Fitness Floor
LAP: Lap Pool
LAR: Large Aerobic Room
PR: Pilates Room (located next to
 the Front Desk)
SAR: Spinning Room
WARM: Therapy Pool

~ Classes are 60 minutes (unless
 otherwise indicated)

***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.

Color Key: BLACK = Same great classes RED = New classes and/or changes BLUE = Aqua class PINK = START/END date is different than usual schedule ORANGE: Classes for Gen Z

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, & balance by using water resistance & aqua aerobic equipment.

***Aqua Yoga:** Aqua Yoga takes place in the Warm Pool & uses the water to adapt the poses & tenets of yoga, such as breathing & awareness. Using the flow & benefits of the water, this class is a calming, peaceful, & restorative type of yoga, all fitness levels welcome.

****Aqua Power:** This high intensity workout will cover both cardio & strength building. Increase your core strength, endurance & power with the help of various techniques, buoyant dumbbells & noodles.

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

***Aquacize 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 & fuses Pilates, yoga, weight-training & ballet barre technique.

Barre Bootcamp: Lift & sweat in this bootcamp style class that improves cardiovascular conditioning & functional strength using heavy weights, resistance bands & High Intensity Interval Training. This class leads you through a variety of circuits to build muscle, increase bone density, and improve your ability to perform functional, everyday movements like hip hinges, squats, and lunges.

****BODYPUMP™:** Experience the ideal workout to get lean, toned & 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 instructor will lead you through scientifically-backed moves & techniques. While pumping out encouragement, motivation & great music.

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

****Cardio Kickboxing:** Cardio kickboxing is a high-energy, full-body workout that combines elements of traditional kickboxing with cardio exercises. It utilizes multiple muscle groups to elevate the heart rate and trains participants in speed, agility, and quickness.

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

***Cardio Strength & 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 & find your way into a moving meditation that melts away stress & brings greater comfort to the body. Suitable for people with arthritis & those unable to get on the floor without assistance.

***Chair Zumba@ Gold:** A modified Zumba class made just for you! Improve your flexibility, coordination & stamina all the while having fun, moving to oldies & current music & 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 & free feeling of movement in a stress-free environment. Improve harmony, coordination, confidence & self-expression. Be You!

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

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

*****H.I.I.T./ H.I.I.T./Express (High Intensity Interval Training):** Using bursts of high-intensity strength & cardio exercises followed by brief periods of recovery this class gives you a great workout as it elevates your heart rate and triggers your anaerobic pathways of energy production. This class will help increase endurance & strength.

****Intensity Spin@:** A fun & challenging cardiovascular workout that will help enhance speed, strength, & stamina. Your ride will incorporate hills, sprints & 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 & 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 III:** Build torso & core strength as well as increase flexibility & joint mobilization through a series of floor exercises & micro-movements.

Pilates Fusion: This class is Pilates and beyond! Pilates Fusion combines traditional Pilates with elements and props from other forms of exercise. You will get a complete workout that includes core and balance work, body mechanics knowledge and fascia release!

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

***Pop-Up Fitness Class:** A variety of classes that change every week. Classes may be styles that instructors are known for OR classes may be new formats they would like to try and see if there is interest for a regular class to put on the schedule in the future. All fitness levels welcome!

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

****Sivananda Yoga:** This class offers a modified version of the classic Hatha yoga practice. It features a prescribed sequence of movements & 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 & exciting stationary bike ride for all levels of fitness. You will be coached & motivated through a simulated bicycling journey. If you are a beginner, please arrive 10 minutes early for proper set-up. Heart rate monitors recommended!

****Spin & Circuit:** The best of both worlds! Start off with 30 minutes on the bike and finish with 30 minutes moving through a series of exercises designed to improve your strength.

Splash Dance: This low impact dance-based class in the warm pool is perfect for those who want to splish-splash to the beat of the

music. Choreographed moves in the water provide a safe & effective workout for all ages & fitness levels. Increase mobility & balance while having a swimmingly good time!

****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!

****Vinyasa Yoga:** This style of yoga incorporates strength, balance, flexibility & cardio. Members flow through sequences of poses linked together with the breath.

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

***Yin Yoga:** 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 and guided meditation.

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

****Zumba@:** A fusion of Latin & 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 & pace may vary between instructors.

NEW CLASSES geared for our members ages 13-19:

****Z Pump Express:** This is a whole-body strength training class set to great music and designed for our GenZ members

GROUP EXERCISE PARTICIPANT GUIDELINES

Members & 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 & 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 & health above all else.

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



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www.chelseawellness.org

Effective: 4/1/2024

Updated 4/15/2024

Center Hours

Mon–Thurs: 5 am - 9 pm

Fri: 5 am - 8 pm

Sat: 7 am - 5 pm

Sun: 7 am - 5 pm

KIM Hours:

Mon-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 & evaluated for success. Many factors are taken into consideration to ensure a diverse & cohesive schedule including attendance, instructor availability, holidays & weather.

Thank you for your Understanding