



## Independence Day Weekend 2024 Group Ex Class Schedule

<b>Wednesday, July 3rd</b> <b>Center Hours: 5am-9pm</b>	<b>Thursday, July 4th</b> <b>Independence Day</b> <b>Center Hours: 7am-Noon</b>
<p><b><u>9:00am **Vinyasa Yoga</u></b> Dianna K./CR</p> <p><b><u>9:45am *Yin Yoga</u></b> Dianna K./CR</p> <p><b><u>10:00am *Cardio Toning Fusion</u></b> Marta D./LAR</p> <p><b><u>10:45am *Chair Yoga</u></b> Maureen T./CR</p> <p><b><u>10:45am *SplashDance</u></b> Sally S./WARM</p> <p><b><u>11:00am Free Flow and Stretch (30)</u></b> Marta D./LAR</p> <p><b><u>11:45am *Aquacize with Arthritis</u></b> Sally S./WARM</p> <p><b><u>12:00pm *Circuit (45)</u></b> Staff /FF</p> <p><b><u>4:30pm **Kettlebell</u></b> Sunshine T./LAR</p> <p><b><u>5:30pm *Lunar Flow</u></b> Roo M./CR</p>	<p><b><u>8:30am **Intensity Spinning®</u></b> Jeanie X./SAR</p> <p><b><u>9:30am **Cardio Strength and Stretch Lite!</u></b> Marcia S./LAR</p> <p><b><u>10:45am *Gentle Yoga</u></b> Maureen T./LAR</p> <p><b><u>10:45am **Aqua Blast</u></b> Marcia S./LAP</p> <div style="margin-top: 20px;">  </div>
<b>Friday, July 5th</b> <b>Center Hours: 5am-8pm</b>	<b>Saturday, July 6th</b> <b>Center Hours: 7am-5pm</b>
<p><b><u>6:00am ***Speed &amp; Agility HIIT</u></b> Sunshine. /LAR</p> <p><b><u>8:30am **Spinning</u></b> Brittainy H./SAR</p> <p><b><u>9:30am **Cardio Strength and Stretch Lite!</u></b> Marcia S./LAR</p> <p><b><u>9:30am *Gentle Yoga</u></b> Trevor E. /CR</p> <p><b><u>10:45am **Aqua Blast</u></b> Marcia S./LAP</p> <p><b><u>12:00pm *Circuit (45)</u></b> Staff /FF</p>	<p><b><u>8:30am **BODYPUMP™</u></b> Beth/LAR</p> <p><b><u>8:30am **Spinning®</u></b> Michelle W./SAR</p> <p><b><u>9:45am **BODYPUMP™</u></b> Michelle W./LAR</p>
<div style="display: flex; align-items: center;">  <p>CHELSEA WELLNESS CENTER</p> </div>	<b>Sunday, July 7th</b> <b>Center Hours: 7am-5pm</b>
	<p><b><u>8:45am **BODYPUMP™</u></b> Sunshine T. /LAR</p> <p><b><u>10:15am **Yoga</u></b> Maureen/LAR</p>