

*Chelsea Group Ex  
Class Schedule  
Thanksgiving Weekend  
Wednesday, November 27<sup>th</sup>-  
Sunday, December 1<sup>st</sup>*



**THANKSGIVING EVE**  
Wednesday, November 27<sup>th</sup>  
Center Hours: 5am-9pm

**BLACK FRIDAY**  
Friday, November 29<sup>th</sup>  
Center Hours: 5am-5pm

**8:30am \*\*Spinning®**  
Jeanie X./LAR

**8:45am \*\*Vinyasa Yoga**  
Dianna K./CR

**9:45am \*Yin Yoga**  
Dianna K./CR

**10:00am \*Cardio Toning Fusion**  
Marta D./LAR

**10:45am \*Chair Yoga**  
Maureen T./CR

**10:45am \*SplashDance**  
Sally S./WARM

**11:00am Free Flow & Stretch (30)**  
Marta D./LAR

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

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

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

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

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

**Saturday, November 30<sup>th</sup>**  
Center Hours: 7am-5pm

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

**8:30am \*\*Spinning®**  
Michelle W./SAR

**9:45am \*\*BODYPUMP™**  
Michelle W./LAR

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

**THANKSGIVING**  
**THURSDAY, NOVEMBER 28<sup>th</sup>**

**Sunday, December 1<sup>st</sup>**  
Center Hours: 7am-5pm

**\*CENTER CLOSED\***  
*Wishing you a happy and  
healthy Thanksgiving!*

**8:45am \*\*BODYPUMP™**  
Sunshine T. /LAR

**9:00am \*\*Spinning®**  
Dale K./SAR

**10:15am \*\*Yoga**  
Emily S. /LAR



