

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

12:45pm *SplashDance
Sally S./WARM

5:30pm ** Cycling
Nikki F. /SAR
Starts January 13th

6:30pm **Cardio Kickboxing Sculpt
Lizzy/ LAR
Starts January 13th

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

8:30am **Cycling
Jeanie X./SAR

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

9:45am *Yoga Nidra
Dianna K./CR

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

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

6:00pm **BODYPUMP™
Sunshine. /LAR

8:30am **Functional Strength & Mobility
Brittainy H./LAR

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

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

9:30am *Cardio Toning Fusion
Marta D./LAR

10:30am **Zumba
Marta D./LAR

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

10:45am *SplashDance
Sally S./WARM

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

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

5:30pm ** Cycling
Jeanie X. /SAR

5:45pm *Lunar Flow
Roo M./CR

8:30am **Intensity Cycling
Jeanie X./SAR

8:30am **Barre Bootcamp
Jamie W./LAR

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

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

10:30am *Pilates Functional Movement
Ginger S. /CR

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

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

11:30am *Aqua Yoga
Diane M./WARM
Starts January 16th

11:45am *Zumba® Gold
Sally S./LAR

4:15pm **BodyPump
Jen S./ LAR

5:15pm **Zumba®
Jen S./ 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 **Cycling
Brittainy H./SAR

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

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

10:45am **Classical Hatha Yoga
Trevor E. /CR

10:30am **Strength Circuit
Stephne /LAR

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

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

12:30pm *SpiAQUAcize!
Sally S./WARM

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


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

8:30am **Cycling
Michelle W./SAR

9:45am **BODYPUMP™
Michelle W./LAR

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

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.



8:45am **BODYPUMP™
Sunshine T. /LAR

9:00am **Cycling
Dale K./SAR

10:15am **Yoga
Rotation /LAR



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

***PLEASE NOTE:**
*Classes are 60 minutes (unless otherwise indicated)
Class time includes set up and clean up time. Transition time is built into back to-back classes.*

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 Sculpt:** This class is 30 minutes of Cardio kickboxing; a high-energy, full-body workout that combines elements of traditional kickboxing with cardio exercises and 30 minutes of full body strength with a blend of weights and cardio!

****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 Toning Fusion:** This class mixes exercises designed to tighten and tone your body with different styles of cardio classes to get your heart pumping!

***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.

****Classical Hatha Yoga:** Classical Hatha Yoga challenges you with Sun Salutations, and a mix of beginner and intermediate yoga poses held for longer periods. There is also deep relaxation between postures to deepen mindfulness. This class will give you a light workout and a chance to unwind and return to the present moment.

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

****Cycling/Cycle Express:** Instructors coach you through varying speeds and resistance levels to simulate slow to fast bike paces for a challenging cardio workout with motivating music. Invigorating and fun, you will love sweating it out! You control the pace and load on the bike. This group class is filled with various levels of cycling structured to build your endurance and strength.

****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.

****Functional Strength and Mobility:** This class is designed to help you build strength, improve mobility, & increase flexibility, all while challenging you to step outside your comfort zone & expand your range of motion. Your heart rate will be elevated, but the focus will be on functional movement rather than traditional cardio, allowing you to experience a comprehensive full-body workout that enhances both mobility & endurance.

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

Pilates Functional Movement: This class is 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!

***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.

*****Speed & Agility HIIT** This class focuses on improving speed and agility using intervals to increase strength and endurance while elevating the heart rate. ***note from the instructor: This class can be an express class if you need early to get to work you are welcome to join the class!*

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!

SplAQUAcize! Focusing on increasing range of motion, flexibility, joint mobility and strength, this low impact aqua class combines your favorite aspects of Aquacize with Arthritis and SplashDance!

****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.

***Yoga Nidra (formerly called Power Rest):** 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.

****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.

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



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Effective: 1/6/2025

Revised 1/8/2025

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

GROUP EXERCISE PARTICIPANT GUIDELINES

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

*Please put personal belongings in lockers provided to keep studios free of clutter and allow room for safe for movement.

*Class time includes set up and clean up time. Transition time is built into back to-back classes.

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

*If there is a class in session, please be courteous and wait until the class has ended before entering the studio.

*We politely ask that members leave promptly to allow the next class to start on time.

*Keep conversations in class to a minimum.

*Do not use cell phones/electronic devices during class. If you have an emergency call or text, please take it outside of the studio.

*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.

*Masks are optional.