

WELLNESS CENTER FITNESS SCHEDULE: EFFECTIVE 4/10/2024

Open daily 4:00 am-10:00 pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00AM – 7:40AM	Pilates with Lynne		Yoga with Lynne		Yoga with Lynne	
7:30AM – 8:10AM		Men's Power Hour with Trower		Men's Power Hour with Trower		Men's Power Hour with Trower
7:50AM – 8:30AM	Yoga with Lynne		Yoga with Lynne		Pilates with Lynne	
8:20AM – 9:00AM		Men's Power Hour with Trower		Stretch & Balance with Trower		Cardio with Trower
8:40AM – 9:20AM	Women's Power Hour with Trower		Women's Power Hour with Trower		Women's Power Hour with Trower	
9:00AM – 9:50AM	Water Aerobics with Rene		Water Aerobics with Rene		Water Aerobics with Rene	
9:10AM – 10:00AM		Powerlifting with Trower (2 nd Floor)		Power Hour with Trower		Barre with Bonnie
				Powerlifting Self-Led with Trower's Plan (2 nd Floor)		
9:30AM – 10:10AM	Cardio with Trower	SilverSneakers Circuit with Lena \$* (9:45 – 10:35)	Cardio with Trower		Cardio with Trower	
10:00AM – 10:50AM	Water Aerobics with Rene		Water Aerobics with Rene		Water Aerobics with Rene	
10:10AM – 11:00AM						Zumba with Bonnie \$
10:20AM - 10:50AM	Stretch & Balance with Trower		Stretch & Balance with Trower			
11:00AM – 11:50AM	SilverSneakers Circuit with Lena \$*	Yoga with Giselle		Yoga with Gisele	SilverSneakers Circuit with Lena \$*	
1:00 PM	Equipment Orientation		Line Dancing with Bonnie \$	Equipment Orientation		
2:00 PM – 2:45 PM	Corrective Exercise \$15		Stretch & Flex with Bonnie \$			
3:00 PM – 3:50 PM	Corrective Exercise \$15					

All Classes are COED unless denoted Men's and Women's Power Hour*

\$ = Fee Based class, \$10 billed to member's CH account

\$*= SilverSneakers is free to members with an eligible Medicare Supplemental Plan and is available to any member at \$5/class charged to the member's CH account.

Any member who cannot attend a class must cancel in Chelsea 1 hour prior to class. Members will be charged for fee-based classes unless the cancellation policy is met.

Members may sign up a guest for a fitness class by calling the clubhouse 3 days prior. \$10 guest fee/class will be charged to the member's CH account.

Fitness Director's Hours:

Monday – 8 AM – 2 PM
 Tuesday – 7 AM – 2 PM
 Wednesday – 8 AM – 2 PM
 Thursday – 7 AM – 2 PM
 Friday – 8 AM – 2 PM
 Saturday – 7 AM – 12 PM

