



**CHELSEA  
CLASS SCHEDULE**

**LABOR DAY WEEKEND 2024**

**FRIDAY, AUGUST 30- MONDAY,  
SEPTEMBER 2**

**Friday, August 30th  
Center Hours: 5am-8pm**

**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  
**10:45am \*\*Aqua Blast**  
Marcia S./LAP  
**11:30am \*SplAQUAcize!**  
Sally S./WARM  
**12:00pm \*Circuit (45)**  
Staff /FF

**Saturday, August 31st  
Center Hours: 7am-5pm**

**8:30am \*\*Spinning®**  
Michelle W./SAR  
**9:45am \*\*BODYPUMP™**  
Michelle W./LAR



**Sunday, September 1st  
Center Hours: 7am-5pm**

**8:45am \*\*BODYPUMP™**  
Sunshine T. /LAR  
**9:00am \*\*Spinning®**  
Dale K./SAR

**Labor Day  
Monday, September 2nd  
Center Hours: 7am-12 pm**

**8:30am \*\*Cardio Strength**  
Jeanie X./LAR  
**9:00am \*Gentle Yoga**  
Diane M./CR  
**9:30am \*\*Barre**  
Jamie W./LAR  
**10:30am \*Aqua Zen**  
Diane M./WARM

