



Summer Pop-Up Series!

We are trying something new this summer and want you to try it with us! Our Group Exercise Instructors are hosting “Pop Up” classes at the centers. Some classes are styles that they teach often, and have some spare time in their summer schedule to add another class week to week. OR some classes are new formats they would like to try and see if there is interest for a regular class to put on the schedule in the future.

We hope you will “Pop In” to a class or two or more this summer!

Here are the Pop-Up classes happening soon:

At the Dexter Wellness Center:

Friday, July 29 th	5:30 pm	Partner Pilates	Stephanie O.	MBS
Tuesday, August 2 nd	11:30 am	Yin/ Relax & Restore	Cheryl	MBS
Saturday, August 6 th	9:00 am	HIGH Fitness	Chloe O.	AS

At the Chelsea Wellness Center:

Sunday, July 31 st	9:00 am	Strength Class	Rhonda C.	LAR
Tuesday, August 2	11:30 am	Cardio Beats	Sally S.	LAR
Tuesday, August 9 th	6:00 pm	Body Pump	Sarah V.	LAR
Wednesday, August 10 th	9:30am	Body Pump	Sarah V.	LAR
Sunday, August 14 th	9:00 am	Nidra Yoga	Dianna K.	CR
Sunday August 21 st	9:00 am	Strength Class	Rhonda C.	LAR
Tuesday, August 30 th	6:00 pm	Body Pump	Sarah V.	LAR
Wednesday, August 31 st	9:30am	Body Pump	Sarah V.	LAR