# Chelmsford Sport & Athletics Centre (CSAC) exercise classes

## Chelmsford Sport & Athletics Centre

**Accurate as of 12/10/2024**

**Times for Monday 3 April**

| Time | Session | Facility | Instructor | Type |
|---|---|---|---|---|
| 09:20 - 10:15 | Body Pump | Studio 2 | Josie K | Strength |
| 10:00 - 11:00 | Forever Fit (50+) - Circuits | Sprint Track | Derek S | Fitness |
| 10:20 - 11:05 | Body Combat | Studio 1 | Josie K | Cardio |
| 11:10 - 11:55 | Stretch and Tone | Studio 2 | Derek S | Cardio |
| 17:30 - 18:15 | Body Pump | Studio 1 | Albina W | Strength |
| 19:00 - 19:55 | Circuits | Sports Hall | Pelin O | Cardio |
| 19:15 - 20:15 | Yin Yoga | Studio 2 | Esra S | Mind/Body |