

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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AM Classes						
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8:30 am <b>**Group Cycling</b> Rachel/CS	5:30 am <b>***HIIT Express</b> Mara/AS (45 min)	6:00 am <b>**Cycle Express</b> Mara/CS (45)	5:30 am <b>***HIIT Express</b> Mara/AS (45 min)	8:30 am <b>**Group Cycling</b> Sara & Deb/CS	8:00 am <b>**Vinyasa Yoga</b> Rhonda/MBS	8:15 am <b>**Group Cycling</b> Dale/CS
8:30 am <b>**Cardio &amp; Strength Power Hour</b> Jean/GYM	6:15 am <b>***HIIT Express</b> Mara/AS (45 min)	8:30 am <b>**Group Cycling</b> Rachel P./CS	6:15 am <b>***HIIT Express</b> Mara/AS (45 min)	8:15 am <b>**Barre Burn &amp; Power ♦</b> Fran/MBS	8:15 am <b>**Group Cycling</b> Mary/CS	8:30 am <b>**Power Vinyasa Yoga, Maureen/ MBS (75 min)</b>
8:30 am <b>*Yin Yoga</b> Bonnie B./MBS	8:30 am <b>***HIIT</b> Mara/AS	8:30 am <b>**Cardio, Strength Intervals ♦</b> Emily B./AS	8:30 am <b>***HIIT</b> Mara/AS	9:30 am <b>**Vinyasa Yoga</b> Roo/MBS	9:00 am <b>**Total Body Strength &amp; Conditioning</b> Jen S./AS	10:00 am <b>*Aqua Energize</b> Susan/WARM
9:30 am <b>**Zumba®</b> Laura/AS	9:00 am <b>*Aqua Energize</b> Susan F./WARM	9:15 am <b>**Solar Flow Yoga</b> Natalia/MBS	9:00 am <b>**Vinyasa Yoga</b> Lauren/MBS	9:30 am <b>**Arms &amp; Abs</b> Sara/AS (45 min)	9:00 am <b>**Aqua Power</b> Instructors Rotate/ LAP	10:15 am <b>**Barre Intervals ♦</b> Amy H./MBS
9:30 am <b>**Vinyasa Yoga</b> Megan/MBS	9:00 am <b>**Vinyasa Yoga</b> Lauren/MBS	9:30 am <b>**Core Conditioning</b> Emily B./AS (30 min)	9:30 am <b>*Zumba® Gold</b> Laura M./AS	10:00 am <b>*Arthritis Foundation Exercise Program</b> Jeanette/CR	10:00 am <b>**Barre Intervals</b> Amy H. /MBS	
10:00 am <b>**Aqua Power</b> Jean/LAP	9:30 am <b>**PiYo® Live</b> Jen C./AS	10:30 am <b>*Pilates Level I</b> Sara/MBS	10:30 am <b>**Pilates Level II</b> Stephanie/MBS	10:00 am <b>*Aqua Energize</b> Susan/ WARM	10:00 am <b>**Zumba®</b> Julie & Katherine/AS	
10:30 am <b>*Gentle Yoga ♦</b> Megan/MBS	10:30 am <b>**Pilates Level I/II</b> Laura T./MBS		11:30 am <b>*Aquacize w/ Arthritis</b> Lauren/WARM	10:30 am <b>*Gentle Yoga</b> Roo/MBS		
11:30 am <b>*Aqua Yoga</b> Diane/WARM	10:30 am <b>*Chair Yoga</b> Jeanette/CR					
	11:30 am <b>*Aquacize w/ Arthritis</b> Lauren/WARM					



PM Classes						
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12:00 pm <b>**Noon Circuit</b> Instructors Rotate/FF	4:30 pm <b>**Barre Intervals Express</b> Fran/MBS (45 min)	12:00 pm <b>**Noon Circuit</b> Instructors Rotate/FF	1:00 pm <b>*Tai Chi ♦</b> Bob/MBS	6:00 pm <b>***HIIT</b> Katherine/AS	<b>Level Indicator</b> <b>*Beginner</b> All levels welcome, entry level.	<b>Registration &amp; Ticketing</b> ♦ <b>Registration Required</b> ♦ Register at the Member Service Desk.
5:30 pm <b>***HIIT</b> Brett/GYM	5:30 pm <b>***Kettlebell</b> Mara/AS	5:30 pm <b>*Nia</b> Megan/MBS	5:00 pm <b>**Pilates Level I/II</b> Sara/MBS		<b>**Intermediate</b> Most levels welcome, fitness experience and active lifestyle recommended.	♦ <b>Ticketed Class ♦</b> A laminated ticket is required to enter these classes. A ticket can be picked up 30 minutes before each class at the Fitness Desk. Only one ticket per person will be given. Please place your ticket on the front, right corner of your mat. Once the 31 tickets are given out, no one else will be permitted to take the class. In order to stay compliant with fire code, members without a ticket will be asked to leave class.
5:30 pm <b>**Vinyasa Yoga</b> Roo/MBS	5:45 pm <b>**Group Cycling</b> Cindy/CS	5:30 pm <b>***HIIT</b> Brett/AS	6:00 pm <b>**Barre &amp; Toning</b> Monique/MBS		<b>**Advanced</b> Requires experienced fitness level and conditioned individual.	
6:00 pm <b>**Cycle Express</b> Jennifer/CS (45 min)	6:30 pm <b>**Pound®</b> Julie/AS	5:30 pm <b>**Aqua HIIT</b> Rick/LAP	6:00 pm <b>***Kettlebell HIIT</b> Mara/AS			
6:30 pm <b>**Zumba®</b> Katherine/AS	7:00 pm <b>*Gentle Yoga &amp; Guided Meditation</b> Jeanette/MBS	6:00 pm <b>**Group Cycling</b> Carla/CS	6:00 pm <b>**Aqua Power Express</b> Karen/LAP (45 min)		<b>Class Locations</b> <b>AS:</b> Aerobic Studio <b>CR:</b> Conference Room <b>CS:</b> Cycling Studio <b>FF:</b> Fitness Floor <b>GYM:</b> Gymnasium <b>LAP:</b> Lap Pool <b>MBS:</b> Mind Body Studio <b>WARM:</b> Therapy Pool	
7:00 pm <b>**PiYo Live®</b> Jennifer/MBS		6:30 pm <b>**Vinyasa Yoga</b> Megan/MBS	7:00 pm <b>*Stretch &amp; Meditation</b> Karen F./AS			
		6:30 pm <b>**Zumba®</b> Laura M./AS				

~ All Classes are 60 Minutes unless otherwise indicated ~

## CLASS DESCRIPTIONS

**\*Aqua Energize:** A lower intensity water workout that incorporates strength and toning exercises while helping to build endurance and energy. This class focuses on core strength, balance and flexibility.

**\*Aqua Fit:** An active aquatic conditioning and toning class that combines cardiovascular and strength training for a total body workout. Feel great and have fun in this challenging water class!

**\*\*Aqua HIIT:** This dynamic Aqua class uses intervals to elevate heart rate in both aerobic and anaerobic heart rate zones. Increase endurance and strength – it's a fast and furious workout!

**\*\*Aqua Power/\*\*Aqua Power Express:** This high intensity workout will cover both cardio and strength building. Increase your core strength, endurance and power with the help of various techniques, buoyant dumbbells and noodles.

**\*Aqua Yoga:** A gentle and low impact class, Aqua Yoga takes the principles and movements of yoga and adapts them for the water.

**\*Aquacize with Arthritis:** This low-impact class is perfect for those living with arthritis, osteoporosis, and other issues that compromise joint mobility. Exercises are designed to help increase range of motion, flexibility, strength, and endurance for activities of daily living.

**\*\*Arms & Abs:** A comprehensive workout for your entire upper body and core. Shoulders, triceps, biceps, chest and upper back will be targeted in addition to strengthening abdominals, obliques and the lower back.

**\*Arthritis Foundation Exercise Program:** A joint-safe, low-impact, gentle but challenging head-to-toe workout.

**\*\*Barre Burn & Power:** Get ready to have FUN and sculpt your whole body with this cardio and strength workout! This class cranks up the heat with more weight, more reps, and cardio intervals until you feel the burn. You will keep your heart rate up and calorie count even higher by incorporating ballet barre work, weights, resistance bands and gliders. This is a FULL BODY workout, so bring your energy and be ready to sweat!

**\*\*Barre Intervals/Barre Intervals Express:** An intense toning class that uses high repetitions and fuses ballet barre technique, Pilates, Yoga, and weight-training.

**\*\*Barre & Toning:** This class incorporates barre technique, weights, balls, bands and provides intense toning focusing on your entire body.

**\*\*Cardio & Strength Power Hour:** Burn calories with floor aerobics using body weight and training equipment. This high energy class is a member favorite!

**\*\*Cardio, Strength Intervals:** A high energy, interval-based, full body workout combining cardio, weights, Bosu, and more!

**\*Chair Yoga:** A slow paced, gentle stretch that is accessible for everybody. Relax and find your way into a moving meditation that melts away stress and brings greater comfort to the body. Suitable for people with arthritis and those unable to get on the floor without assistance.

**\*\*Core Conditioning:** A complete abdominal workout focusing on the core muscles of abs and back. A great way to top off your previous class or floor workout! Core Conditioning integrates additional equipment for total core muscle conditioning in addition to the abdominals.

**\*Gentle Yoga:** A gentle form of yoga that is slow-paced and thoughtful. Great for beginners or as a condensed restorative practice.

**\*Gentle Yoga & Guided Meditation:** This combination class intersperses a variety of poses that increase flexibility, balance, and circulation with different meditation techniques that bring us into the present moment and help us develop non-judging body awareness and deep relaxation.

**\*\*Group Cycling/Cycle Express:** Experience a fun and exciting stationary bike ride for all levels of fitness. You will be coached and motivated through a simulated bicycling journey. If you are a beginner, you must arrive 10 minutes early for proper set-up. Heart rate monitors recommended!

**\*\*\*H.I.I.T. (High Intensity Interval Training)/H.I.I.T. Express:**

One of the best methods to boost resting metabolism rate and burn calories. This class uses intervals to elevate heart rate using both aerobic and anaerobic heart rate zones. Increase endurance and strength, it's a fast and furious workout!

**\*\*\*Kettlebell/\*\*Kettlebell Express:** Kettlebell training is one of the best methods to work aerobically, burn calories, all while strengthening the legs, core, and glutes. NOTE: This class is NOT for people with knee, hip, elbow, or shoulder issues, or high blood pressure.

**\*Nia:** Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, it is a holistic fitness practice addressing each aspect of your life-body, mind and soul. It combines 52 simple moves with dance arts, martial arts and healing arts to get you fit in 60 minutes.

**\*\*Noon Circuit:** A circuit based total body workout appropriate for all fitness levels.

**\*\*\*Pilates (all levels):** Employs traditional and micro-movement exercises for gentle joint mobilization and core strengthening. Builds torso strength and increases flexibility through a series of gentle floor exercises. NOTE: We advise taking Beginning and Level I classes to establish an understanding of Pilates technique prior to taking Level II classes.

**\*\*PiYo@ Live:** A cardio-fusion of fast-paced, yoga-style, and Pilates-inspired movements to develop long, lean muscles while building strength and increasing balance and flexibility. Burn major calories with the low-impact, high intensity sequences with out putting stress on your joints.

**\*\*Pound@:** Using lightly weighted drumsticks, this class fuses cardio, conditioning, and strength training with yoga and Pilates inspired movements for a heart-pumping workout!

**\*\*Power Vinyasa Yoga:** An athletic, energetic flowing practice. Invigorating and challenging. Previous Yoga experience required.

**\*Stretch & Meditation:** Begin with gentle stretching and attention to breath to soften and open muscles, improve range of motion, and expand inner calm and peace. The second half of class will incorporate guided meditation to help you inspire being present in the moment, a still and relaxed mind, and peaceful heart.

**\*\*Solar Flow Yoga:** Invigorating morning yoga. Starts with a gentle warm up, slowly progressing to more challenging poses ending with relaxation.

**\*Tai Chi:** A martial art with slow, synchronized movements performed in continuous form. Thirty short-form movements and self-defense applications will be taught. Helps reduce stress, improve concentration, energy level, and body awareness.

**\*\*Total Body Strength & Conditioning:** Athletic conditioning style exercises are taught in this effective class. Body weight and equipment are both used to integrate strength training exercises with cardio work.

**\*\*Vinyasa Yoga:** Balance and flexibility is the focus of this class. Sequences of flowing poses link together breath and movement.

**\*Yin Yoga:** The cooling counterpart to Yang style (heat building vinyasa classes) this is a practice, rooted in stillness with the goal of restoring the body to greater mobility and flexibility. Poses are held for 3-5 minutes and are aimed at stretching into connective tissue, joints, and ligaments as well as helping to reverse the effects of tense habitual movement patterns and mental stress.

**\*\*Zumba@:** A fusion of Latin and international music help 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!

**\*Zumba Gold@:** Join the party for active older adults that combines Latin and international dance moves and music.

## Class Schedule



2810 Baker Road, Dexter, MI 48130

Phone: 734-580-2500

[www.dexterwellness.org](http://www.dexterwellness.org)

### Effective: 1/25/19

Center Hours	Kids in Motion Hours
Mon–Thurs: 5am-9:30pm	Mon–Thurs: 8am-2:00 pm & 3:30pm-8pm
Fri: 5am-8pm	Fri: 8am-2pm
Sat: 7am–6pm	Sat: 8am–2pm
Sun: 7am–6pm	Sun: 10am–2pm
Children's Swim & Gym Hours	
Mon/Wed	9am–11:30 am
Tues/Thurs/Fri	4:30pm–7:00 pm
Saturday	1pm–3:30 pm
Sunday	1pm–3:30 pm

Group exercise classes are an important part of the Dexter Wellness Center. Members and guests participating in class are asked to adhere to the following to help keep classes at the highest possible standard:

1. Arrive on time (or a few minutes early.)
2. Keep conversations to a minimum.
3. Be courteous to other class participants & classes.
4. Do not use cell phones/electronics during class.
5. Prioritize safety and health above all else.
6. Please go to your instructor with questions and comments before or after class and they will answer them to the best of their ability.

*The Group Exercise Schedule is consistently revised and evaluated for success. Many factors are taken into consideration on a weekly basis to ensure a diverse and cohesive schedule including attendance, instructor availability, holidays, and weather.*

**The Dexter Wellness Center reserves the right to make any type of change or substitution at any point.  
Thank you for your understanding.**