

**MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY                      SATURDAY                      SUNDAY**

**AM Classes**

<b>8:30 am    **Group Cycling</b> Deb/CS	<b>6:00am    ***HIIT Express</b> Mara/AS (45 min)		<b>6:00 am    ***HIIT Express</b> Mara/AS (45 min)		<b>8:00 am    **Vinyasa Yoga</b> Rhonda/MBS	<b>8:15 am    **Group Cycling</b> Dale/CS
<b>9:30 am    **Zumba®</b> Laura M. /AS	<b>8:00 am    **Barre</b> Jean D / V Live-DEX	<b>8:30am    **Core &amp; Strength Conditioning</b> Emily B./AS	<b>8:00 am    **Power Yoga</b> Matt C / V-Live-DEX	<b>8:30 am    **Barre</b> Fran/MB	<b>8:30 am    **Group Cycling</b> Carla/CS	
<b>9:30 am    **Vinyasa Yoga Mix</b> Roo/MBS	<b>8:30 am    ***HIIT</b> Mara/AS	<b>9:30 am    ** Pilates Level I/ II</b> Sara S / V-Live-DEX	<b>8:30 am    ***HIIT</b> Mara/AS	<b>8:00 am    **Vinyasa Yoga</b> Roo M / V-Live-DEX	<b>8:30 am    **BODYPUMP™</b> Sarah V / V-Live-CHE	
<b>9:30 am    ** Pilates Level I/ II</b> Sara S / V Live-CHE	<b>9:00 am    *Aqua Energize</b> Stephanie/WARM	<b>10:30 am    *Pilates Level I</b> Sara/MBS	<b>11:00 am    *Aquasize w/ Arthritis</b> Warm Pool w/ Lauren		<b>9:15 am    **Aqua Power</b> Rhonda/LAP	
<b>10:45 am    **Chair Zumba</b> Sally/ V Live- CHE	<b>10:30 am    *Pilates Level I</b> Stephanie /MBS				<b>10:00 am    **Zumba®</b> Julie M. /AS	
<b>11:00 am    *Gentle Yoga</b> Roo/MBS	<b>10:30 am    *Chair Yoga</b> Jeanette B / V Live-DEX					



**PM Classes**

	<b>4:30 pm    **Barre Express</b> Fran/MB		<b>2:00 pm    *Crunch Time</b> Amy C / V-Live-DEX	<b>12 pm    **Senior Power</b> Sally S / V-Live-CHE	<b>Level Indicator</b> <b>*Beginner</b> All levels welcome, entry level. <b>**Intermediate</b> Most levels welcome, fitness experience and active lifestyle recommended. <b>***Advanced</b> Requires experienced fitness level and conditioned individual.	<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  ~ Classes are 60 minutes* unless otherwise indicated
	<b>5:00 pm    **BODYPUMP™</b> Sarah V / V-Live-CHE	<b>5:30 pm    *Nia</b> Megan/MBS	<b>4:00 pm    *Nia</b> Megan F / V-Live-DEX			
<b>6:0 pm    **Gentle Yoga</b> Roo/ V Live- DEX	<b>6:00 pm    **Group Cycling</b> Brittainy/CS	<b>5:30 pm    ** Metabolic Effect-Bodyweight</b> Donna S / (30) V Live-DEX	<b>5:30    **Group Cycling</b> Deb/CS	<b>5:30 pm    ***HIIT</b> Emma / V-Live-CHE	<b>Color Key</b> <b>BLUE = Aqua class</b> <b>ORANGE= Online virtual class</b> <b>RED = New classes and/or class changes</b>	<b><u>MASK are Required in all Land Classes</u></b> <i>Mask can create high aerobic demand, please participate with caution.</i>
<b>6:30 pm    **Zumba®</b> Katherine/AS	<b>6:00 pm    **Pound/Stretching</b> Julie/AS (60min)	<b>6:15 pm    ***Metabolic Effect-Dumbbells</b> Donna S / (30) V-Live-DEX	<b>6:45 pm    **Vinyasa Yoga</b> Megan/MBS			
		<b>6:30 pm    **Zumba®-</b> Laura M./AS				

**Registration required for all classes:** Virtual class registration opens 5 days in advance. In center classes open 1 day in advance. Register online through the member self-service portal on our website or center app. You must have access to your member self-service account and have Zoom software downloaded on your device for virtual classes. Please arrive on time or registration is forfeited. Virtual classes are lock 10 minutes after the start of class.

## 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 Power:** 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.

**\*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.

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

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

**\*\*\*Barre Power:** 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 an advanced Barre class and prior Barre classes are recommended.

**\*\*BODYPUMP™:** Experience the ideal workout to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. In this class, our LES MILLS™ certified group exercise instructors will lead you through scientifically-backed moves and techniques pumping out encouragement, motivation and great music. *Virtual: requires some kind of weights.*

**\*\*Cardio Strength:** 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. *Virtual: needs a chair with no arms.*

**\*Chair Zumba® Gold:** A modified Zumba class made just for you! Improve your flexibility, coordination and your stamina all the while having fun, and moving to oldies & current music and socializing with friends. *Virtual: needs a chair with no arms.*

**\*\*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.

**\*Crunch Time:** This 30 minute core class utilizes many different exercise to develop strong core and burn calories.

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

**\*\*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!

**\*\*Intensity Cycling:** A fun and challenging cardiovascular workout that will help enhance speed, strength, and stamina. Your ride will incorporate hills, sprints and endurance intervals. Heart rate monitors recommended!

**\*\*Metabolic Effect:** This express class utilizes hybrid and explosive movements to transform your hormonal metabolism and achieve sustained fat burning. This high intensity strength class requires you to push hard and then rest.

*Dumbbell class requires some kind of weights.*

**\*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.

**\*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.

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

**\*Senior Power:** This all levels class provides dance movements and weight strengthen your joints, mobility and improve balance. *Virtual: needs a chair with no arms*

**\*\*Strictly Strength:** Build muscular strength in this fun class designed to challenge seasoned athletes and beginners alike. Each class is a full body workout utilizing classic moves using the barbells, kettlebells and hand weights.

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

**\*\*VinYin Yoga:** This fusion of Vinyasa Flow and Yin Yoga offers movement to improve strength and balance while staying connected with one's breath. The practice transitions to poses that improve energy flow in the body with deep stretches to help release connective tissue and improve circulation.

**\*\*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.

## GROUP EXERCISE PARTICIPANT GUIDELINES

**Members and guests participating in class are asked to adhere to the following to help keep classes at the highest possible standard:**

1. Mask is required.
2. Arrive on time (or a few minutes early.)
3. Keep conversations to a minimum.
4. Be courteous to other class participants and classes. Transition time is built into back-to-back classes. If there is a class scheduled to start immediately following another we ask participants to exit quickly so that all classes can start on time
5. Do not use cell phones/electronic devices during class.
6. Prioritize safety and health above all else.
7. Please go to your instructor with questions and comments before or after class and they will answer them to the best of their ability.

# WINTER Class Schedule



2810 Baker Road, Dexter, MI 48130

Phone: 734-580-2500

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

**Effective: 01/16/21**

### Center Hours

Mon–Thurs:	5am–8pm
Fri:	5am–7pm
Sat:	7am–1pm
Sun:	7am–1pm

**The Dexter Wellness Center reserves the right to make any type of change or substitution at any point.**

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

**Thank you for your understanding.**