



Chelsea & Dexter Virtual Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Chelsea 9:30 am ** Pilates Level I/ II Sara S 10:45 am **Chair Zumba Sally S</p>	<p>Dexter: 8:00 am **Barre Jean D</p>	<p>Dexter: 9:30 am ** Pilates Level I/ II Sara S</p>	<p>Dexter: 8:00 am **Yoga Matt C</p>	<p>Dexter: 8:00 pm **Vinyasa Yoga Roo M</p> <p>Chelsea: 12:00 pm **Senior Power Sally S</p>	<p>Chelsea: 8:30 am **BODYPUMP™ Sarah V</p>
PM Classes					Sunday
<p>Dexter: 6:00 pm **Gentle Yoga Roo</p>	<p>Chelsea: 5:00 pm **BODYPUMP™ Sarah V</p>	<p>Dexter: 5:30 pm** Metabolic Effect Donna S (30Min) 6:15 pm *Core Glide Donna S (30min)</p>	<p>Dexter: 2:00 pm **Crunch Time Amy (30 min) 4:00 pm **Nia Megan F</p>		

Registration required for all classes: Virtual class registration opens 5 days 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. Please arrive on time to ensure entry into the class.

CLASS DESCRIPTIONS

****Barre:** An intense toning class that uses high reps and fuses ballet barre technique, Pilates, yoga, and weight-training.

****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.

***Chair Zumba®:** 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. Need a chair with no arms.

***Core Glide:** Develop strong core and lower body muscle groups in this express class using paper plates and body weight exercises. This low-impact class utilizes slow and controlled movements to activate your slow twitch muscles. Participants should be able to hold a plank.

***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.

****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.

***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 level I/II:** Build torso and core strength as well as increase flexibility and joint mobilization through a series of floor exercises and micro-movements.

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

***Seated Stretch, Strength & Stability:** This gentle mind-body movements to progressively decompress and mobilize your joints, strengthen your entire body and improve your balance while seated and standing.

***Senior Power:** This all levels class provides dance movements and weight strengthen your joints, mobility and improve balance. Need a Chair with no arm.

****Spinning®/Spinning Express®:** 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, please arrive 10 minutes early for proper set-up. Heart rate monitors recommended!

***Step & Sculpt:** An easy to follow, fat burning class that is perfect for all fitness levels. All movements can be done with a step or on the floor. Weights, bands, & balls are also incorporated!

***Stretch & Strengthen:** Strengthen and stretch all muscle groups while building endurance and flexibility. Great for all ages and abilities!

****Vinyasa Yoga:** Balance, flexibility, strength, and more! Fluid choreography combining breath and movement.

Virtual Class Schedule January



14800 East Old US 12, Chelsea, MI 48118
Phone: 734-214-0220 Fax: 734-214-0249

www.chelseawellness.org

2810 Baker Road, Dexter, MI 48130
Phone: 734-580-2500 Fax: 885-580-2501

www.dexterwellness.org

Updated 12/15/2020

<u>Center Hours</u>	<u>KIM Hours</u>
Mon–Thurs: 5 am - 8 pm	Closed
Fri: 5 am - 7 pm	
Sat: 7 am - 1 pm	
Sun: 7 am - 1 pm	

The Chelsea 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

