

**MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY                      SATURDAY                      SUNDAY**

**AM Classes**

<p><b>8:30 am    **Group Cycling</b> Deb / GYM</p> <p><b>9:00 am    **Vinyasa Yoga Mix</b> Roo/MBS</p> <p><b>9:30 am *Pilates Level I/II</b> Sara S / V-Live-CHE</p> <p><b>9:30 am    **Zumba®</b> Laura M.</p> <p><b>10:15 am *Gentle Yoga</b> Roo/MBS</p> <p><b>10:45 am **Chair Zumba</b> Sally/ V Live- CHE</p>	<p><b>6:00am    ***HIIT Express</b> Mara/AS (45 min)</p> <p><b>8:00 am **BARR</b> Jean /V-Live DEX</p> <p><b>8:30 am    ***HIIT</b> Mara/AS</p> <p><b>9:00 am    *Aqua Energize</b> Stephanie/WARM</p> <p><b>10:30 am *Pilates Level I</b> Stephanie /MBS</p> <p><b>10:30 am *Chair Yoga</b> Jeanette / V-Live DEX</p>	<p><b>6:00 am ** Group Cycling-Express</b> Mara / Gym (45min) <b>New Class</b></p> <p><b>9:30 am *Pilates Level I/II</b> Sara/ V-Live DEX</p> <p><b>10:30 am *Pilates Level I</b> Sara/MBS</p>	<p><b>6:00 am    ***HIIT Express</b> Mara/AS (45 min)</p> <p><b>8:00 am    ** Power Yoga</b> Matt V-LIVE</p> <p><b>8:30 am    ***HIIT</b> Mara/AS</p> <p><b>9:30 am **Core Values</b> Stephanie / V-Live-DEX <b>_New class</b></p> <p><b>11:00 am Aquacize w/ Arthritis</b> Lauren / WP</p>	<p><b>8:00 am **Vinyasa Yoga</b> Roo M / V-Live-DEX <b>Class ends May 21st</b></p> <p><b>8:30 am **Hybrid Yoga/ Pilates</b> Cheryl / MB <b>New Class</b></p> <p><b>12 pm **Senior Power</b> Sally S / V-Live-CHE</p>	<p><b>8:00 am    **Vinyasa Yoga</b> Rhonda/MBS</p> <p><b>8:30 am    **Group Cycling</b> Carla/ GYM Outdoors pending weather</p> <p><b>8:30 am **BODYPUMP™</b> Sarah V / V-Live-CHE</p> <p><b>9:15 am    **Aqua Power</b> Rhonda/LAP</p> <p><b>10:00 am    **Zumba®</b> Julie M. /AS</p>	<p><b>8:15 am    **Group Cycling</b> Dale/GYM</p> <p><b>8:30 *** HIIT new class</b> Jessica /AS</p> <div style="text-align: center;">  <p>DEXTER WELLNESS CENTER</p> </div>
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**PM Classes**

<p><b>6:00 Pm **Barr</b> Lauren Kramer/ MB <b>New Class</b></p> <p><b>6:30 pm **Zumba®</b> Katherine / AS</p> <p><b>7:15 pm ***HIIT Spin</b> Carla/ V Live (30)- CHE</p>	<p><b>5:00 pm **BODYPUMP™</b> Sarah V / V-Live-CHE</p> <p><b>6:00 pm **Group Cycling</b> Brittainy/CS</p> <p><b>6:00 pm **Pound/Stretching</b> Julie/AS (60min)</p> <p><b>6:15 PM ** Gentle Yoga</b> ROO V-Live DEX <b>Class ends May 24th</b></p>	<p><b>5:30 pm    *Nia</b> Megan/MBS</p> <p><b>5:30 pm **Metabolic Effect</b> Donna V-Live 30 minutes</p> <p><b>5:45 pm    **Vinyasa Yoga</b> Megan/MBS</p> <p><b>6:15 PM ***Outdoor HIIT</b> Donna / <b>New Class</b></p> <p><b>6:30 pm    **Zumba®-</b> Laura M./AS</p>	<p><b>4:00 pm *Nia Live</b> Megan F / V-Live-DEX</p> <p><b>5:30 **Group Cycling</b> Deb / GYM</p>	<p><b>5:30 pm    ***HIIT</b> Emma / V-Live-CHE <b>Class ends May 28th</b></p>	<p><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.</p> <p><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</p>	<p><b>Registration &amp; Ticketing</b>  <b>◇ Registration Required ◇</b>  <i>Register at the Member Service Desk.</i></p> <p><b>◆ Ticketed Class ◆</b>  <i>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.</i></p>
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~ Classes are 60 minutes\* unless otherwise indicated ~  
 \*Class time includes setup, instruction, and clean up. Instructional time will be 50-55 minutes to allow for smooth class transitions.

## 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.

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

**\*\*Aqua Zumba@:** A dance-based, safe, challenging, water-based workout that's cardio-conditioning, body-toning, and exhilarating.

**\*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/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.

**\*\*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.

**\*\*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!

**\*\*\*HIGH Fitness:** A hardcore, fun fitness class that incorporates interval training with music you love, and intense easy-to-follow fitness choreography. HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks. Get addicted to being fit!

**\*\*\*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!

**\*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.

**\*\*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.

**\*\*Rumble:** A pre-choreographed mixed martial arts workout designed for the group fitness environment. No MMA or kickboxing experience is required, just a desire to work hard, have fun, burn calories, and try something new!

**\*\*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.

**\*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.

**\*\*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. Arrive on time (or a few minutes early.)
2. Keep conversations to a minimum.
3. 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.
4. Do not use cell phones/electronic devices 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.

# Summer Class Schedule



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

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

Effective: 4/15/2021

### 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.**