

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

AM Classes

6:00 am ***HIIT Amanda /AS	6:00am ***HIIT Express 45 min Mara/AS	6:00 am **Group Cycling Express 45min Mara /CS	6:00 am ***HIIT Express 45 min Mara /AS	7:00 am *Easy Movement & Stretching Julie /WARM	8:00 am **Vinyasa Yoga Rhonda /MBS	8:15 am **Group Cycling Dale/CS
8:30 am **Group Cycling Brittainy /CS	8:30 am ***HIIT Mara/AS	7:00 am **Vinyasa Yoga Lauren K. /MBS	8:00 am *Nia Megan F / V-Live-DEX	8:30 am ** Yoga/Pilates Hybrid Cheryl /MBS	8:30 am **Group Cycling Carla /CS	8:30 am ***HIIT Jessica /AS
8:30 am ***Cardio Strength Jean /East Gym	9:00 am *Aqua Energize Stephanie /WARM	8:30 am ***Cardio Strength Brittainy /AS	8:30 am ***HIIT Mara /AS	8:30 am **Group Cycling Brittainy /CS	8:30 am **BODYPUMP™ Sarah V / V-Live-CHE	
9:00 am **Vinyasa Yoga Mix Roo /MBS	10:30 am *Pilates Level I Stephanie /MBS	9:30 am ** Pilates Level I/ II Stephanie O. / V-Live-DEX	9:00 am *Gentle Yoga Megan F. /MBS	8:30 am ***HIIT Shaun /AS	9:00 am *Roller Reset & DeStress Stephanie O. /AS	
9:15 am **Zumba® Laura M. /AS	10:30 am *Chair Yoga Jeanette B / CR and V-Live Combo	10:30 am *Pilates Level II Stephanie O. /MBS	10:00 am **Cardio Strength Lite! Stephanie O. /AS	11:15 am **Senior Power Sally S / V-Live-CHE	9:15 am **Aqua Power Rhonda /LAP	
9:45 am **Aqua Power Jean /LAP					10:00 am **Zumba® Julie M. /AS	
10:15 am *Gentle Yoga Roo /MBS						
11:35 am **Chair Zumba Sally/ V Live- CHE						

PM Classes

5:00 pm **Barre Lauren /MBS	5:00 pm **BODYPUMP™ Sarah V / V-Live-PURPLE	5:30 pm *Nia Megan/MBS	5:15pm *Gentle Yoga & Guided Meditation Jenette /MBS	5:00 pm ***HIIT Express 45 min Lauren K. / AS	Level Indicator *Beginner All levels welcome, entry level. **Intermediate Most levels welcome, fitness experience and active lifestyle recommended. ***Advanced Requires experienced fitness level and conditioned individual.	Class Locations AS: Aerobic Studio CR: Conference Room CS: Cycling Studio FF: Fitness Floor GYM: Gymnasium LAP: Lap Pool MBS: Mind Body Studio WARM: Therapy Pool ~ Classes are 60 minutes* unless otherwise indicated
6:30 pm **Zumba® Katherine/AS	5:30 pm **Pound/Stretching Julie/AS	6:30 pm **Zumba®- Laura M. /AS	6:30 pm ***HIIT Jessica /AS			
	6:30 pm **Group Cycling Lauren K. /CS	6:30 pm **Vinyasa Yoga Megan /MBS			Color Key BLUE = Aqua class PURPLE = Online virtual class RED = New classes and/or class changes	MASKS are Required in all LAND Classes Mask can create high aerobic demand, please participate with caution.

Registration required for all Virtual 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 for virtual classes. Please arrive on time or registration is forfeited. Virtual classes are locked 10 minutes after the start of class.



Fall Class Schedule



2810 Baker Road, Dexter, MI 48130
Phone: 734-580-2500
www.dexterwellness.org

Effective: 09/7/21

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.

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 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.

***Aquacise 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.

****Barre/Barre Express:** A toning class that uses high repetitions 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. *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.*

***Easy Movement and Stretch:** Gentle body movements in the water designed to stretch, strengthen and improve balance.

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

***Gentle Yoga and Guided Meditation:** A gentle form of yoga that is slow-paced and thoughtful with a guided meditation bonus. 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!

***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.

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

***Roller Reset and DeStress:** This class is focused on helping you get a better stretch, destress your muscles and increase your range of motion and mobility with the use of a foam roller.

***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*

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

****Yoga/Pilates Hybrid:** 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.

****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.