

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**MORNING CLASSES:**

**6:00 am \*\*\* Full Body HIIT**

Amanda S. /AS

**8:30 am \*\*Group Cycling**

Brittainy H. /CS

**8:30 am \*\*\*Cardio Strength**

Jean D. / Gym

**9:00 am \*\*Vinyasa Yoga Mix**

Roo M. /MBS

**9:15 am \*\*Zumba®**

Laura M. /AS

**9:30 am \*\* Pilates Level I/ II**

Stephanie O. /CHE  
Virtual &Live @CHE

**9:45 am ■\*\*Aqua Power Express (45)**

Jean D. /LAP

**10:15am \*Gentle Yoga**

Roo M. /MBS

**10:30am ■\*\*Aqua Power Express (45)**

Jean D. /LAP

**11:35am \*\*Chair Zumba**

Sally S. /CHE  
Virtual &Live @CHE

**6:00am \*\*\*HIIT**

Mara G. /AS

**8:30 am \*\*\*HIIT**

Mara G. /AS

**9:00 am \*Aqua Energize**

Stephanie O. /WARM

**9:30 am \*Yoga**

Cheryl G. /MBS  
~Start 2/7/22

**10:30am \*Pilates Level I**

Stephanie O. /MBS

**10:30 am \*Chair Yoga**

Jeanette B. / CR  
Virtual & Live @DEX

**6:00 am \*\*Group Cycling Express (45)**

Mara G. /CS

**8:30 am \*\*\*Cardio Strength**

Brittainy H. /AS

**9:30 am \*\* Pilates Level I**

Stephanie O. / MBS  
Virtual & Live @DEX

**9:45 am \*\*Group Cycling Express (45)**

Brittainy H. /CS

**10:30am \*Pilates Level II**

Stephanie O. /MBS

**6:00 am \*\*\*Kettlebell HIIT**

Mara G. / AS

**8:30 am \*Nia**

Megan F. /MBS  
Virtual & Live @DEX

**8:30 am \*\*\*Kettlebell HIIT**

Mara /AS

**9:30 am \*Gentle Yoga**

Megan F. /MBS

**10:30am \*\*Cardio Strength Lite!**

Stephanie O. /AS

**6:00 am \*\*\* Full Body HIIT**

Amanda /AS

**7:00 am \*Aqua Easy Movement**

Julie P. /WARM

**8:30 am \*\*\*HIIT**

Shaun T. /AS

**8:30 am \*\*Yoga/Pilates Hybrid (45)**

Cheryl G. /MBS  
~Start 2/4/22

**9:15 am \*YIN Yoga (45)**

Cheryl G. /MBS  
~Starts 2/4/22

**9:45 am \*\*Foam Roller (45)**

Kari G. /CHE  
Virtual & Live @CHE

**11:15am \*\*Senior Power**

Sally S. / CHE  
Virtual & Live @CHE

**8:00 am \*\*Vinyasa Yoga**

Rhonda C. /MBS

**8:30 am \*\*Group Cycling**

Mara G. /CS

**8:30 am \*\*BODYPUMP™**

Sarah V. / CHE  
Virtual & Live @CHE

**9:00 am \*Roller Reset & Destress**

Stephanie O. /AS

**9:15 am \*\*Aqua Power**

Rhonda C. /LAP

**10:00am \*\*Zumba®**

Julie M. /AS

**11:00am \*\*Pound/Stretching**

Julie M./AS

**8:30 am \*\*\*HIIT**

Jessica H./AS



**AFTERNOON/ EVENING CLASSES:**

**3:15 pm \*\*Full Body HIIT Express (45)**

Amanda S. /AS

**5:00 pm \*\* Pilates Level I**

Kathy C. /MBS  
\*\*Starts 1/31/22

**6:00pm \*\*Pilates Strength Express (45)**

Kathy C. /MBS  
\*\*Starts 1/31/22

**5:30 pm \*\*Pound/Stretching**

Julie M. /AS

**6:00 pm \*\*Barre**

Amy H. /MBS

**6:00 pm \*\*BODYPUMP™**

Sarah V. /CHE  
Virtual&Live @CHE

**3:15 pm \*\*Full Body HIIT Express (45)**

Amanda S. /AS

**5:30 pm \*Nia**

Megan F./MBS

**6:30 pm \*\*Zumba®**

Laura M. /AS

**6:30 pm \*\*Vinyasa Yoga**

Megan F. /MBS

**5:15pm \*Gentle Yoga & Guided Meditation**

Jenette B. /MBS

**6:00 pm \*\*\*HIIT**

Jessica H./AS

**Level Indicator(\*) (\*\*) (\*\*\*)**

**(\*) Beginner**

All levels welcome, entry level.

**(\*\*) Intermediate**

Most levels welcome, fitness experience & active lifestyle recommended.

**(\*\*\*) Advanced**

Requires experienced fitness level and conditioned individual.

■=Registration Required:

\* In center registration opens 1 day in advance.

**Color Key**

**PURPLE=**Combination Virtual & In person Class @ DWC

**PINK=** Combination Virtual & In person Class @ CWC

**BLUE =** Aqua class

**RED =** New classes and/or changes

**Class Locations**

**AS:** Aerobic Studio

**CR:** Conference Room

**CS:** Cycling Studio

**CHE:** Chelsea Wellness Ctr.

**FF:** Fitness Floor

**GYM:** Gymnasium

**LAP:** Lap Pool

**MBS:** Mind Body Studio

**WARM:** Therapy Pool

~ Classes are 60 minutes\*

unless otherwise indicated

**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.

## 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.

**\*Aqua 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!

**\*\*Cardio Strength Lite!:** A lite version of the 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.

**\*\*\*Full body HIIT:** If you're looking to maximize the little time you have to work out, this class is for you! FBH will help you build muscle and improve your cardiovascular fitness by working your upper and lower body, and abs with a side of cardio!

**\*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):** 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 HIIT:** This class combines high intensity intervals and kettlebell weight training into one of the most challenging workouts you'll get all week. Kettlebells offer a different kind of training using dynamic moves that will increase strength, balance, agility and cardio endurance.

**\*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.

**\*Yin Yoga:** Slower and more meditative yoga, giving you space to turn inward and tune into both your mind and the physical sensations of your body. It targets your deep connective tissues, like your fascia, ligaments, joints, and bones

**\*\*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.



2810 Baker Road, Dexter, MI 48130  
Phone: 734-580-2500  
[www.dexterwellness.org](http://www.dexterwellness.org)

**Effective: 01/3/22**

**\*\*Updated 1/10/21**

#### 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.**