

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**
Stephane O. / AS

9:30 am **Vinyasa Yoga Mix
Roo M. /MBS

9:30 am **Zumba@
Laura M. /AS

9:45 am *Aqua Power
Stephanie O./LAP

10:30 am *Gentle Yoga
Roo M. /MBS

10:30am **Chair Zumba
Sally S. /CHE
Virtual& Live @CHE

11:30am ** Pilates Level I/ II
Stephanie O. 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

9:30am **WERQ
Lauren H. /AS

9:30 am *Yoga
Cheryl / Suzanne /MBS

10:30am *Pilates Level I
Stephanie O. /MBS

10:30am **Kettlebell AMPD
Lauren H. /AS

10:30 am *Chair Yoga
Jeanette B. / CR
Virtual & Live @DEX

6:00 am **Group Cycling Express (45)
Mara G. /CS

8:30 am **Group Cycling
Brittainy H. /CS

8:30 am *Cardio Strength**
Amanda S. /AS

8:30 am ** Pilates Level I
Stephanie O./ MBS
Virtual & Live @DEX

9:30 am *Fundamentals of Vinyasa
Suzanne V. /MBS

9:30am **Cardio Strength Lite!
Stephanie O. /AS

9:15 am **Aqua Power
Nicole L. /LAP

10:30am *Pilates Level II
Stephanie O. /MBS

10:30 am **Aquacize with Arthritis
Nicole L. /WARM

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

12:00 pm **Pilates Barre Fusion
Angela L. /MBS

6:00 am * Full Body HIIT**
Amanda /AS

7:00 am *Aqua Easy Movement
Julie P. /WARM

8:00 am **Group Cycling
Lauren K. /MBS

8:30 am *HIIT**
Shaun T. /AS

8:30 am **Yoga/Pilates Hybrid (45)
Cheryl G. /MBS

9:15 am *YIN Yoga (45)
Cheryl G. /MBS

9:45 am **Foam Roller (45)
Kari G. /CHE
Virtual & Live @CHE

10:30 am **Aquacize with Arthritis
Nicole L. /WARM

11:15am **Senior Power
Sally S. / CHE
Virtual & Live @CHE

8:00 **Vinyasa Yoga
Rhonda C. /MBS

8:30 am **Group Cycling
Carla F. /CS

9:15 **Aqua Power
Rhonda C. /LAP

9:00 am **Barre
Amy H. /AS

10:00am **Zumba@
Julie M. /AS

8:30 am *HIIT**
Jessica H./AS



AFTERNOON/ EVENING CLASSES:

3:30 FULL BODY HIIT EXPRESS
Amanda S./ AS

5:00 pm ** Pilates Level I/II
Angela L. /MBS

5:30 pm **Strength HIIT
Janet N/ AS
****Starts 9/19/22**

6:30 pm **Zumba@
Katherine K. /AS

6:30 pm Group Cycling
Janet N. /CS

6:30 pm **Vinyasa Yoga
Suzanne V. /MBS

6:00 pm **Barre
Amy H. /AS

6:00 pm **Power Yoga
Lauren K. /MBS

3:30 FULL BODY HIIT EXPRESS
Amanda S./ AS

5:00 pm **Aqua Energize
Rhonda /WARM

5:30 pm *Nia
Megan F./MBS

6:30 pm **Zumba@
Laura M. /AS

6:30 pm **Vinyasa Yoga
Megan F. /MBS

5:30 pm *Gentle Yoga & Guided Meditation
Julie M./ Jeanette MBS

5:30 pm **AMPD Powerflow
Lauren H. /AS

5:30 pm **Circuit HIIT
Janet N/ GYM
****Starts 9/15/22**

6:30pm Balanced Strength
Lauren K. /AS

6:30 pm Group Cycling
Janet N. /AS
****Starts 9/15/22**

6:30 pm **WERQ
Lauren H. /MBS

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.

~ Classes are 60 minutes (unless otherwise indicated)
***PLEASE NOTE: Transition time is built into back to back classes. We ask that participants exit quickly so that all classes can start on time.**

MASKS are Optional in all LAND Classes

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
■=Registration Required:
* In center registration opens 1 day in advance.
Color Key
PURPLE=Combination Virtual & In person Class @ DWC
ORANGE= Combination Virtual & In person Class @ CWC
BLUE = Aqua class
RED = New classes and/or changes

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:

****AMPD Power Flow** takes yoga-inspired movements combined with kettlebells & resistance bands to create an amazing, low-impact strength training workout for all levels & abilities.

***Aqua Energize**: A lower intensity water workout that incorporates strength & toning exercises while helping to build endurance & energy. This class focuses on core strength, balance & flexibility.

****Aqua Power**: This high intensity workout combines cardio & strength building. Increase your core strength, endurance & power with the help of various techniques, buoyant dumbbells & noodles.

*****Balanced Strength**-Incorporating 3 components of strength work including; using weight outside your comfort zone in intervals, body weight work focusing on control and balance and deep core work this class aims to get you stronger.

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

****BODYPUMP™**: LES MILLS™ certified instructors will lead you through scientifically-backed moves & techniques Using light to moderate weights with lots of repetition that gives you a total body workout with encouragement, motivation & great music. *Virtual: requires some kind of weights.*

*****Cardio Strength**: A high energy, full body workout combining cardio, weights, BOSU, and more!

****Cardio Strength Lite!**: A lite version of the full body workout combining cardio, weights, BOSU, and more!

Circuit HIIT: Moving through a circuit of different exercises in the GYM this variety of HIIT class incorporates dumbbells, body weight, battle ropes and more to give you a fast & furious workout!

***Chair Yoga**: A slow paced, gentle stretch that is accessible for everybody. Relax & find your way into a moving meditation that melts away stress & brings greater comfort to the body. Suitable for people with arthritis & 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 & your stamina all the while having fun, & moving to oldies & current music & socializing with friends. *Virtual: needs a chair with no arms.*

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

***Fundamentals of Vinyasa**: This class focuses on learning & deepening the practice of Vinyasa by moving the body in harmony, balance, with fluidity & flexibility in long sequence flows. Beginners that would like to learn as well as long time practitioners that would like to focus on form & flow are welcome!

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

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

***Gentle Yoga and Guided Meditation**: is the same great Gentle Yoga class with a guided meditation bonus.

****Group Cycling/Cycle Express**: Experience a fun and exciting stationary bike ride for all levels of fitness. You will be coached & 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 & burn calories. This class uses intervals to elevate heart rate using both aerobic & anaerobic heart rate zones. Increase endurance & strength, it's a fast & furious workout!

****Kettlebell AMPD**: Combines the benefits of strength training, functional movements & cardiovascular exercise by using lightweight kettlebells & choreographed moves set to upbeat music to provide a safe & effective workout for all ages & fitness levels.

*****Kettlebell HIIT**: This class combines high intensity intervals & 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 & cardio endurance.

***Nia**: Combining dance, martial arts & 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 & soul. It combines 52 simple moves with dance arts, martial arts & healing arts to get you fit in 60 minutes.

****Pilates (all levels)**: Employs traditional & micro-movement exercises for gentle joint mobilization & core strengthening. Builds torso strength & increases flexibility through a series of gentle floor exercises. **NOTE**: We advise taking Beginning & Level I classes to establish an understanding of Pilates technique prior to taking Level II classes.

****Pilates Barre Fusion**: A toning class that combines elements of Pilates and Barre together for a great workout!

****Power Yoga** Combining traditional components of Yoga in a more active style this class will focus on breath and body control using continuous movement or "flow." This class is for Intermediate and advanced levels.

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

***Senior Power**: This class uses dance movements & light weights to strengthen your joints, as well as improve mobility & balance. *Virtual: needs a chair with no arms.*

Strength HIIT**. This class uses intervals to elevate heart rate using both aerobic & anaerobic heart rate zones This HIIT focuses on muscle toning and getting strong overall.

****Vinyasa Yoga**: Balance & flexibility is the focus of this class.

Sequences of flowing poses link together breath & movement.

****WERQ** is the wildly addictive cardio dance class based on trending pop & hip-hop music. This class is a nonstop cardio dance class with repetitive routines that are built to learn while doing & following the instructor's cues. All dance & fitness levels are welcome!

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

****Yoga/Pilates Hybrid**: Employs traditional & micro-movement exercises for gentle joint mobilization & core strengthening. Builds torso strength & increases flexibility through a series of gentle floor

exercises. **NOTE**: We advise taking Beginning & Level I classes to establish an understanding of Pilates technique.

****Zumba®**: A fusion of Latin & 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 & 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. Masks are optional.
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

Effective: 09/06/2022

Center Hours:

Mon–Thurs

5am-8pm

Fri:

5am-7pm

Sat-Sun

7am–1pm

KIM Hours:

Mon, Wed, Fri, Sat

8:00am-12:30pm

Tues, Thurs

4:00pm-7:00pm

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.