



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>6:00am ***Full Body HIIT</b> Amanda S. /AS</p> <p><b>8:30am **Group Cycling</b> Brittainy H. /CS</p> <p><b>8:30am ***Cardio Strength</b> Stephane O. / AS</p> <p><b>9:00am **Vinyasa Yoga Mix</b> Roo M. /MBS</p> <p><b>9:30am **Zumba®</b> Laura M. /AS</p> <p><b>9:45am *Power Rest (Yoga Nidra)</b> Dianna K. /CR</p> <p><b>9:45am **Aqua Power</b> Stephanie O./LAP</p> <p><b>9:50am *Lunar Flow Yoga Mix</b> Roo M. /MBS</p> <p><b>10:40am *Gentle Yoga</b> Roo M. /MBS</p> <p><b>10:30am **Chair Zumba®</b> Sally S /CHE Live &amp; Virtual</p> <p><b>4:00pm **HIIT</b> Angela L. /AS</p> <p><b>5:30pm **Pilates Level I/II</b> Angela L. /MBS</p> <p><b>5:30pm **Strength HIIT</b> Janet N/ AS</p> <p><b>6:30pm **Zumba®</b> Katherine K. /AS</p> <p><b>6:30pm **Group Cycling</b> Janet N. /CS</p>	<p><b>6:00am ***HIIT</b> Mara G. / AS</p> <p><b>8:30am ***HIIT</b> Mara G. / AS</p> <p><b>9:30am *Yoga</b> Cheryl MBS</p> <p><b>9:30am **Cardio Strength Lite!</b> Stephanie O. /AS</p> <p><b>9:30am **Group Cycling</b> Kelly F. /CS ~starts 1/31/23</p> <p><b>10:30am **Cardio Strength</b> Kelly F. /AS ~starts 1/31/23</p> <p><b>10:30am *Aquacize with Arthritis</b> Nicole L. /WARM</p> <p><b>10:30am *Pilates Level I</b> Stephanie O. /MBS</p> <p><b>10:30am *Chair Yoga</b> Jeanette B. / CR Virtual &amp; Live @DEX</p> <p><b>4:00pm *Sivananda Yoga</b> Maureen T. /MBS</p> <p><b>6:00pm **BODYPUMP™</b> Sarah V./CHE Live &amp; Virtual</p> <p><b>6:00pm **Barre</b> Amy H. /AS</p>	<p><b>6:00am **Group Cycling Express (45)</b> Mara G. /CS</p> <p><b>8:30am **Group Cycling</b> Brittainy H. /CS</p> <p><b>8:30am ***Cardio Strength</b> Amanda S. /AS</p> <p><b>8:30am * Pilates Level I</b> Stephanie O./ MBS</p> <p><b>9:15am **Aqua Power</b> Nicole L. /LAP</p> <p><b>9:30am **Cardio Strength Lite!</b> Stephanie O. /AS</p> <p><b>10:30am **Pilates Level II</b> Stephanie O. /MBS</p> <p><b>10:30am *Aquacize with Arthritis</b> Nicole L. /WARM</p> <p><b>4:00pm **Cardio Strength Circuit</b> Stephanie O./AS</p> <p><b>5:00pm **Aqua Energize</b> Rhonda /WARM</p> <p><b>5:30pm *Nia</b> Megan F./MBS</p> <p><b>5:30pm **WERQ</b> Jessica R./AS ~Starts March 1st</p> <p><b>6:30pm **Zumba®</b> Laura M. /AS</p> <p><b>6:30pm **Vinyasa Yoga</b> Megan F. /MBS</p>	<p><b>6:00am ***Kettlebell HIIT</b> Mara G. / AS</p> <p><b>8:30am *Nia</b> Megan F./MBS</p> <p><b>8:30am ***Kettlebell HIIT</b> Mara G. / AS</p> <p><b>8:30am **Aqua Energize</b> Stephanie O. /WARM</p> <p><b>8:30am **Group Cycling</b> Kelly F. /CS</p> <p><b>9:30am *Gentle Yoga</b> Megan F. /MBS</p> <p><b>9:30am **Cardio Strength</b> Kelly F. /AS</p> <p><b>10:30am **Cardio Strength Lite!</b> Stephanie O. /AS</p> <p><b>12:00pm **Pilates Barre Fusion</b> Angela L. /MBS</p> <p><b>4:15pm *Yoga</b> Julie M. /MBS</p> <p><b>5:30pm *Gentle Yoga &amp; Guided Meditation</b> Julie M./ MBS</p>	<p><b>6:00am *** Full Body HIIT</b> Amanda /AS</p> <p><b>7:00am *Aqua Easy Movement</b> Julie P. /WARM</p> <p><b>8:30am **Group Cycling</b> Lauren K. /CS</p> <p><b>8:30am ***HIIT</b> Shaun T. /AS</p> <p><b>8:30am **Yoga/Pilates Hybrid (45)</b> Cheryl G. /MBS</p> <p><b>9:15am *YIN Yoga (45)</b> Cheryl G. /MBS</p> <p><b>9:15am **Aqua Power</b> Nicole L. /LAP</p> <p><b>9:45am **Foam Roller (45)</b> Kari G./Virtual&amp; Live @CHE</p> <p><b>10:30am *Aquacize with Arthritis</b> Nicole L. /WARM</p> <p><b>11:00am **Zumba®</b> Jessica R. / AS</p> <p><b>11:15am **Senior Power</b> Sally S./ CHE Live &amp; Virtual</p> <p><b>12:00pm **Power Hour Circuit</b> Fitness Staff/ FF</p> <p><b>5:30pm *Pop-Up Fitness Class</b> Class Style &amp; Instructor Vary</p>	<p><b>8:00am **Vinyasa Yoga</b> Rhonda C. /MBS</p> <p><b>8:30am **Group Cycling</b> Rotating Instructors /CS</p> <p><b>8:30am **BODYPUMP™</b> Sarah V./ CHE Live &amp; Virtual</p> <p><b>9:00am **Barre</b> Amy H. /AS</p> <p><b>9:15am **Aqua Power</b> Rhonda C. /LAP</p> <p><b>9:30am **Group Cycling</b> Kelly F. /CS</p> <p><b>10:00am **Zumba®</b> Julie M. /AS</p> <p><b>11:15 am *Gentle Yoga</b> Julie M./ MBS</p> 	<p><b>8:30am ***HIIT</b> Jessica H./AS</p> <p><b>9:30am **Group Cycling</b> Kelly F. /CS</p> 
<p><b>Registration required for all Virtual classes:</b> 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.</p>					<p><b>Level Indicator (*) (**) (***)</b>  <b>(*) Beginner</b> All levels welcome, entry level.  <b>(**) Intermediate</b> Most levels welcome, fitness experience &amp; active lifestyle recommended.  <b>(***) Advanced</b> Requires experienced fitness level and conditioned individual.</p> <p>~ Classes are 60 minutes (unless otherwise indicated)  <b>*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.</b></p> <p><b>MASKS are Optional in all LAND Classes</b></p>	<p><b>Class Locations</b>  <b>AS:</b> Aerobic Studio  <b>CR:</b> Conference Room  <b>CS:</b> Cycling Studio  <b>CHE:</b> Chelsea Wellness Ctr.  <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  <b>■=Registration Required:</b>  <i>* In center registration opens 1 day in advance.</i></p> <p><b>Color Key</b>  <b>RED</b> = New classes and/or changes  <b>BLUE</b> = Aqua class  <b>PURPLE</b>=Combination Virtual &amp; In person Class @ DEX  <b>ORANGE</b>= Combination Virtual &amp; In person Class @ CHE</p>

## CLASS DESCRIPTIONS:

**\*Aguacize with Arthritis:** This low impact class is perfect for those living with arthritis, osteoporosis, or anyone looking to improve joint mobility. Exercises are designed to help increase range of motion, flexibility, strength and endurance for daily life.

**\*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.

**\*\*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 work out, 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.

**\*Lunar Flow Yoga:** Long held poses combined with a gentle, flowing Vinyasa practice. Intensity varies.

**\*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 Hour Circuit:** A circuit based, total body workout appropriate for all fitness levels. This class takes place on the Fitness Floor.

**\*Power Rest (Nidra):** Through guided relaxation the body rests while the mind remains conscious, leaving you feeling energized, rested and powerfully focused. This one-hour session is equal to four hours of restful sleep. Option to bring your own pillow, blanket and eye cover.

**\*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.**

**\*\*Sivananda Yoga:** This class offers a modified version of the classic Hatha yoga practice. It features a prescribed sequence of movements and postures, each followed by a brief period of rest (Savasana). This practice is accessible for all levels.

**Strength HIIT\*\*:** HIIT uses intervals to elevate heart rate using both aerobic & anaerobic heart rate zones. This class 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.

**\*Yoga:** This class uses breathing exercises, meditation and poses designed to encourage relaxation and reduce stress. Based on an ancient practice that brings together mind and body it incorporates a variety of the different styles, practices and disciplines of the teachings of Yoga.

**\*\*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.

**A Note on rotating instructors: Style and pace may vary between instructors.**

## 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:**

\*Masks are optional.

\*Arrive on time (or a few minutes early.)

\*Keep conversations to a minimum.

\*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

\*Do not use cell phones/electronic devices during class.

\*Prioritize safety and health above all else.

\*Please go to your instructor with questions and comments before or after class and they will answer them to the best of their ability.



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

**Effective: 1/9/2023**

**Updated 2/18/2023**

### Center Hours:

**Mon–Thurs**

5am-8pm

**Fri:**

5am-7pm

**Sat-Sun**

7am–3pm

### KIM Hours:

**Mon, Wed, Fri, Sat**

8:00am-12:30pm

**Tues, Thurs**

4:00pm-7:30pm

**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.**