



# GROUP EXERCISE CLASS SCHEDULE

## Monday, March 27 - Sunday, April 2

# SPRING BREAK!



### MONDAY MARCH 27

8:30am  
**\*\*Cardio**  
**Strength**  
Stephanie O. / AS

9:30am  
**\*\*Zumba®**  
Laura M. /AS

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

4:00pm  
**\*\*HIIT**  
Angela L. /AS

5:30pm  
**\*\*Pilates**  
**Level I/II**  
Angela L. /MBS

### TUESDAY MARCH 28

9:30am  
**\*Yoga**  
Cheryl MBS

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

9:30am  
**\*\*Group**  
**Cycling**  
Kelly F. /CS

10:30am  
**\*\*Cardio**  
**Strength**  
Kelly F. /AS

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

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

10:30am  
**\*Chair Yoga**  
Jeanette B. / CR

4:00pm  
**\*Sivananda**  
**Yoga**  
Maureen T. /MBS

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

### WEDNESDAY MARCH 29

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

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

5:00pm  
**\*\*Aqua**  
**Energize**  
Rhonda /WARM

5:30pm  
**\*\*WERO**  
Jessica R./AS

6:15 pm  
**Vinyasa Yoga**  
Rhonda C./MBS

6:30pm  
**\*\*Zumba®**  
Laura M. /AS

### THURSDAY MARCH 30

8:30am  
**\*\*Group**  
**Cycling**  
Kelly F. /CS

9:30am  
**\*\*Cardio**  
**Strength**  
Kelly F. /AS

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

### FRIDAY MARCH 31

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

8:30am  
**\*\*Group**  
**Cycling**  
Lauren K. /CS

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

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

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

11:00am  
**\*\*Zumba®**  
Jessica R. / AS

5:30pm  
**Pop-Up Class:**  
**Modified**  
**Yin Yoga**  
Cheryl G. /MBS

### SATURDAY APRIL 1

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

8:30am  
**\*\*Group**  
**Cycling**  
Lauren K. /CS

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

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

9:30am  
**\*\*Group**  
**Cycling**  
Kelly F. /CS

### SUNDAY APRIL 2

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

9:30am  
**\*\*Group**  
**Cycling**  
Kelly F. /CS

## CLASS DESCRIPTIONS:

**\*Aquacize 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. **\*\*\*Cardio Strength:** A high energy, interval-based, full body workout combining cardio, weights, Bosu, and more!

**Cardio Strength and Stretch Lite!** A lite version of the 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.**

**\*Gentle Yoga:** A gentle form of yoga that is slow-paced and thoughtful. 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!

**\*\*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.

**\*\*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.

### Class Locations

**AS:** Aerobic Studio

**CHE:** Chelsea Wellness Ctr.

**CR:** Conference Room

**CS:** Cycling Studio

**LAP:** Lap Pool

**MBS:** Mind Body Studio

**WARM:** Therapy Pool



Effective: Monday, March 27-Sunday, April 2, 2023



2810 Baker Road, Dexter MI

Phone: 734-580-2500

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

### Center Hours

Mon–Thurs: 5 am - 8 pm

Fri: 5 am - 7 pm

Sat: 7 am - 3 pm

Sun: 7 am - 3 pm

### KIM Hours:

Mon, Wed, Fri, Sat

8:00am-12:30pm

Tues, Thurs

4:00pm-7:30pm

## 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.