



Memorial Day Weekend Group Ex Class Schedule 2023

Friday, May 26 th Center Hours: 5am-7pm	Saturday, May 27 th Center Hours: 7am-3pm
<p style="text-align: center;"><u>6:00am *** Full Body HIIT</u> Amanda /AS</p> <p style="text-align: center;"><u>7:00am *Aqua Easy Movement</u> Julie P. /WARM</p> <p style="text-align: center;"><u>8:30am ***HIIT</u> Erin Z./ AS</p> <p style="text-align: center;"><u>8:30am **Yoga/Pilates Hybrid (45)</u> Cheryl G. /MBS</p> <p style="text-align: center;"><u>9:15am *YIN Yoga (45)</u> Cheryl G. /MBS</p> <p style="text-align: center;"><u>9:15am **Aqua Power</u> Nicole L. /LAP</p> <p style="text-align: center;"><u>9:30 am *Quick Core (30 min)</u> Erin Z. /AS</p> <p style="text-align: center;"><u>10:30am *Aquacize with Arthritis</u> Nicole L. /WARM</p> <p style="text-align: center;"><u>5:30pm Strength & Conditioning Pop-Up Class</u> Rhonda C / AS</p>	<p style="text-align: center;"><u>8:00am **Vinyasa Yoga</u> Rhonda C. /MBS</p> <p style="text-align: center;"><u>9:00am **Barre</u> Amy H. AS</p> <p style="text-align: center;"><u>9:15am **Aqua Power</u> Rhonda C. /LAP</p> <p style="text-align: center;"><u>9:00am **Group Cycling (90 MIN)</u> Kelly F. /CS</p> <p style="text-align: center;"><u>10:00am **Zumba®</u> Julie M. /AS</p> <p style="text-align: center;"><u>11:00am *Yoga</u> Julie M./ MBS</p> <div style="text-align: center; margin-top: 20px;">  <p style="margin: 0;">DEXTER WELLNESS CENTER</p> </div>
Sunday, May 28 th Center Hours: 7am-3pm	Memorial Day Monday, May 29 th Center Hours: 7am-Noon
<p style="text-align: center;"><u>9:30am **Group Cycling</u> Kelly F. /CS</p>	<p style="text-align: center;"><u>8:30am ***Cardio Strength</u> Stephane O. / AS</p> <p style="text-align: center;"><u>9:45am **Aqua Power</u> Stephanie O./LAP</p>