

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|---|---|---|
| <p>6:00am ***Full Body HIIT Amanda S. /AS</p> <p>8:30am **Group Cycling Brittainy H. /CS</p> <p>8:30am ***Cardio Strength Stephanie O./Mara G. /AS</p> <p>8:30am **Aqua Power Nicole L. /LAP</p> <p>9:00am **Vinyasa Yoga Mix Roo M. /MBS</p> <p>9:30am **Zumba® Laura M. /AS</p> <p>9:50am *Lunar Flow Yoga Mix Roo M. /MBS</p> <p>10:40am *Gentle Yoga Roo M. /MBS</p> <p>12:15pm *Aquacize with Arthritis Nicole L. /WARM</p> <p>6:00pm **Group Cycling Kelly F. /CS</p> <p>6:30pm **Zumba® Katherine K. /AS</p> | <p>6:00am ***HIIT Mara G. /AS</p> <p>7:30am **Pilates Angela L. /MBS</p> <p>8:30am ***HIIT Mara G. /AS</p> <p>9:30am **Yoga Cheryl G. /MBS</p> <p>9:30am **Cardio Strength Lite! Stephanie O. /AS</p> <p>9:30am **Group Cycling Kelly F. /CS</p> <p>10:30am **Cardio Strength Kelly F. /AS</p> <p>10:30am *Pilates Level I Stephanie O. /MBS</p> <p>10:30am *Chair Yoga Jeanette B. / CR</p> <p>12:00pm **Pilates Barre Fusion Angela L. /MBS</p> <p>4:00pm *Foam Roller Yoga Mix Maureen T. /MBS</p> <p>5:45pm *Nia Megan F. /MBS</p> <p>6:00pm **Barre Amy H. /AS</p> <p>6:45pm **Vinyasa Yoga Megan F. /MBS</p> | <p>6:00am **Group Cycling EXP 45 min Mara G. /CS</p> <p>8:30am **Group Cycling Brittainy H. /CS</p> <p>8:30am ***Cardio Strength Amanda S. /AS</p> <p>9:15am **Aqua Power Nicole L. /LAP</p> <p>9:30am **Cardio Strength Lite! Stephanie O. /AS</p> <p>9:30am *Quick Core! (30min) Brittainy H. /MBS</p> <p>10:30am **Pilates Level II Stephanie O. /MBS</p> <p>10:30am *Aquacize with Arthritis Nicole L. /WARM</p> <p>5:00pm **Aqua Energize Rhonda C. /WARM</p> <p>5:30pm HIIT Express (45min) Jennifer L. /AS</p> <p>6:30pm **Group Cycling Jennifer L. /CS</p> <p>6:15pm **Vinyasa Yoga Rhonda C. /MBS</p> <p>6:30pm **Zumba® Laura M. /AS</p> | <p>6:00am ***Kettlebell HIIT Mara G. /AS</p> <p>7:30am **Strength and Conditioning Angela L. /AS</p> <p>8:30am *Nia Megan F. /MBS</p> <p>8:30am ***Kettlebell HIIT Mara G. /AS</p> <p>8:30am **Group Cycling Kelly F. /CS</p> <p>9:30am *Gentle Yoga Megan F. /MBS</p> <p>9:30am **Cardio Strength Kelly F. /AS</p> <p>10:30am **Cardio Strength Lite! Stephanie O. /AS</p> <p>6:15pm **Aqua Power Nicole L. /LAP</p> <p>6:30pm **WERQ Jessica R. /AS</p> | <p>6:00am *** Full Body HIIT Amanda S. /AS</p> <p>7:00am *Aqua Easy Movement Julie P. /WARM</p> <p>8:30am **Group Cycling Lauren K. /CS</p> <p>8:30am ***Cardio Strength Erin Z. /AS</p> <p>8:30am **Yoga/Pilates Hybrid (45) Cheryl G. /MBS</p> <p>9:15am **Aqua Power Nicole L. /LAP</p> <p>9:15am *YIN Yoga (45) Cheryl G. /MBS</p> <p>9:30am ** Cycling Fusion Kelly F. /CS/AS</p> <p>10:30am *Aquacize with Arthritis Nicole L. /WARM</p> <p>11:00am **Zumba® Jessica R. /AS</p> | <p>8:00am **Vinyasa Yoga Rhonda C. /MBS</p> <p>9:00am **Barre Amy H. /AS</p> <p>9:00am **Group Cycling Kelly F. /CS</p> <p>9:15am **Aqua Power Rhonda C. /LAP</p> <p>10:00am **Zumba® Julie M. /AS</p> <p>10:15am Functional Flexibility Kelly F. /CR</p> <p>11:00 am *Yoga Julie M. /MBS</p> <p>Class Locations AS: Aerobic Studio CR: Conference Room CS: Cycling Studio FF: Fitness Floor GYM: Gymnasium LAP: Lap Pool MBS: Mind Body Studio WARM: Warm/Therapy Pool</p> <p>~ Classes are 60 minutes (unless otherwise indicated)</p> <p>*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.</p> | <p>8:30am ***HIIT Jessica H. /AS</p> <p>9:30am **Group Cycling Kelly F. /CS</p>  <p>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.</p>  |
| <p>Color Key BLACK = Same great classes RED = New classes and/or changes BLUE = Aqua class PINK = START/END date is different than usual schedule</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 Easy Movement and Stretch:** Gentle body movements in the water designed to stretch, strengthen & improve balance.

***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 Circuit:** Moving through a circuit of different exercises this class incorporates dumbbells, body weight, kettlebells and more to give you a fast & furious workout with a focus on muscle toning and getting strong overall.

*****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!

***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.

***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.

****Cycling Fusion:** The best of both worlds! Start off with 30 minutes on the bike and finish with 30 minutes moving through a series of exercises designed to improve your strength.

***Functional Flexibility:** This class focuses on increasing flexibility, range of motion, balance and stabilization. All fitness levels need this class. Think you don't? You do.

***Foam Roller Yoga Mix** This class starts with foam rolling to help you get a better stretch & increase your range of motion & mobility then incorporates the traditional breathing, poses & meditation of yoga to bring together mind and body to relax and reduce stress.

*****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.

****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./H.I.I.T./Express (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 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:** Ideal for someone getting started in their fitness journey or as a recovery day for someone who trains regularly. This class focuses on mobility, flexibility and core strength. Reduce stress, move well, prevent injuries and live well.

****Pilates Level I/II:** 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:** The focus in this class is working with good form, building core strength, focusing on common strength imbalances for better posture, control and balance. High repetitions and light weights to focus on stability, mobility and endurance.

***Quick Core:** This class focuses on strengthening the abdominals, glutes, lower back and hips through performing a variety of exercises that will challenge you to your core!

****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 & Conditioning Foundational strength training & HIIT intervals focused on lifting with good form, and improving strength & cardiovascular conditioning. Gain confidence to train on the fitness floor on your own. Build muscle to boost your metabolism so you burn more calories at rest.

****Vinyasa Yoga:** This style of yoga incorporates strength, balance, flexibility & cardio. Members flow through sequences of poses linked together with the breath.

****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.



2810 Baker Road, Dexter, MI 48130

Phone: 734-580-2500

www.dexterwellness.org

Effective: 9/5/2023

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.