MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12/25	12/26	12/27	12/28	12/29	12/30	12/31
	8:30am ***HIIT	6:00am **Group Cycling EXP 45 min	6:00am ***Kettlebell HIIT	6:00am ***Full Body HIIT	9:00am **Group Cycling	9:30am **Group Cycling
	Mara G. /AS	Mara G. /CS	Mara G. /AS	Amanda S. /AS	Kelly F. /CS	Kelly F. /CS
	9:30am **Yoga	8:30am **Group Cycling	7:30am **Strength & Conditioning	7:00am *Aqua Easy Movement	10:15am *Functional Flexibility	
Center CLOSED	Cheryl G. /MBS	Brittainy H. /CS	Angela L. /AS	Julie P. /WARM	Kelly F. /CR	
<u> </u>	9:30am **Group Cycling	8:30am ***Cardio Strength	8:30am *Nia	8:30am **Group Cycling		
	Kelly F. /CS	Amanda S. /AS	Megan F. /MBS	Lauren K. /CS		
	10:30am **Cardio Strength	9:15am **Aqua Power	8:30am ***Kettlebell HIIT	8:30am **Yoga/Pilates Hybrid (45)		
	Kelly F. /AS	Nicole L. /LAP	Mara G. /AS	Cheryl G. /MBS		
	5:45pm *Nia	9:30am **Cardio Strength Lite!	8:30am **Group Cycling	9:15am **Aqua Power		
	Megan F. /MBS 6:00pm **Barre	Stephanie O. /AS	Kelly F. /CS	Nicole L. /LAP		
OL weeken as of me	Amy H. /AS	9:30am *Quick Core! (30min) Brittainy H. /MBS	9:30am *Gentle Yoga Megan F. /MBS	9:15am *YIN Yoga (45) Cheryl G. /MBS		
Christmas Day	6:45pm **Vinyasa Yoga	10:30am **Pilates Level II	9:30am **Cardio Strength	9:30am ** Cycling Fusion		A WILL
	Megan F. /MBS	Stephanie O. /MBS	Kelly F. /AS	Kelly F. /CS/AS		
	Mogali i . /MDO	10:30am *Aquacize with Arthritis	10:45am *Functional Flexibility	10:30am *Aquacize with Arthritis		WHITE THE
		Nicole L. /WARM	Kelly F. /CR	Nicole L. /WARM		7500
		5:30pm HIIT Express (45min)	6:15pm **Aqua Power	11:00am **Zumba®		到"众"下
		Jennifer L. /AS	Nicole L. /LAP	Jessica R. /AS		
		6:30pm **Group Cycling	6:30pm **WERQ	5:30pm *Pop-Up Fitness Classes:		
		Jennifer L. /CS	Jessica R. /AS	Yoga- Suzanne /MBS		
				HIIT- Jennifer L. /AS		
474	1/0					
			4/4	4 / ==	4.10	4 /=
1/1	1/2	1/3	1/4	1/5	1/6	1/7
1/1	6:00am ***HIIT	6:00am **Group Cycling EXP 45 min	6:00am ***Kettlebell HIIT	6:00am *** Full Body HIIT	9:00am **Group Cycling	8:30am ***HIIT
	6:00am ***HIIT Mara G. /AS	6:00am **Group Cycling EXP 45 min Mara G. /CS	6:00am ***Kettlebell HIIT Mara G. /AS	6:00am *** Full Body HIIT Amanda S. /AS	9:00am **Group Cycling Kelly F. /CS	8:30am ***HIIT Jessica H. /AS
Cepter CLOSED	6:00am ***HIIT Mara G. /AS 7:30am **Pilates	6:00am **Group Cycling EXP 45 min Mara G. /CS 8:30am **Group Cycling	6:00am ***Kettlebell HIIT Mara G. /AS 7:30am **Strength & Conditioning	6:00am *** Full Body HIIT Amanda S. /AS 7:00am *Aqua Easy Movement	9:00am **Group Cycling Kelly F. /CS 10:00am **Zumba®	8:30am ***HIIT Jessica H. /AS 9:30am **Group Cycling
	6:00am ***HIIT Mara G. /AS 7:30am **Pilates Angela L. /MBS	6:00am **Group Cycling EXP 45 min Mara G. /CS 8:30am **Group Cycling Brittainy H. /CS	6:00am ***Kettlebell HIIT Mara G. /AS 7:30am **Strength & Conditioning Angela L. /AS	6:00am *** Full Body HIIT Amanda S. /AS 7:00am *Aqua Easy Movement Julie P. /WARM	9:00am **Group Cycling Kelly F. /CS 10:00am **Zumba® Julie M. /AS	8:30am ***HIIT Jessica H. /AS
	6:00am ***HIIT Mara G. /AS 7:30am **Pilates Angela L. /MBS 8:30am ***HIIT	6:00am **Group Cycling EXP 45 min Mara G. /CS 8:30am **Group Cycling Brittainy H. /CS 8:30am ***Cardio Strength	6:00am ***Kettlebell HIIT Mara G. /AS 7:30am **Strength & Conditioning Angela L. /AS 8:30am ***Kettlebell HIIT	6:00am *** Full Body HIIT Amanda S. /AS 7:00am *Aqua Easy Movement Julie P. /WARM 8:30am **Group Cycling	9:00am **Group Cycling Kelly F. /CS 10:00am **Zumba® Julie M. /AS 10:15am *Functional Flexibility	8:30am ***HIIT Jessica H. /AS 9:30am **Group Cycling
	6:00am ***HIIT Mara G. /AS 7:30am **Pilates Angela L. /MBS 8:30am ***HIIT Mara G. /AS	6:00am **Group Cycling EXP 45 min Mara G. /CS 8:30am **Group Cycling Brittainy H. /CS 8:30am ***Cardio Strength Amanda S. /AS	6:00am ***Kettlebell HIIT Mara G. /AS 7:30am **Strength & Conditioning Angela L. /AS 8:30am ***Kettlebell HIIT Mara G. /AS	6:00am *** Full Body HIIT Amanda S. /AS 7:00am *Aqua Easy Movement Julie P. /WARM 8:30am **Group Cycling Lauren K. /CS	9:00am **Group Cycling Kelly F. /CS 10:00am **Zumba® Julie M. /AS 10:15am *Functional Flexibility Kelly F. /CR	8:30am ***HIIT Jessica H. /AS 9:30am **Group Cycling
	6:00am ***HIIT Mara G. /AS 7:30am **Pilates Angela L. /MBS 8:30am ***HIIT Mara G. /AS 9:30am **Yoga	6:00am **Group Cycling EXP 45 min Mara G. /CS 8:30am **Group Cycling Brittainy H. /CS 8:30am ***Cardio Strength Amanda S. /AS 9:15am **Aqua Power	6:00am ***Kettlebell HIIT Mara G. /AS 7:30am **Strength & Conditioning Angela L. /AS 8:30am ***Kettlebell HIIT Mara G. /AS 8:30am **Group Cycling	6:00am *** Full Body HIIT Amanda S. /AS 7:00am *Aqua Easy Movement Julie P. /WARM 8:30am **Group Cycling Lauren K. /CS 8:30am **Cardio Strength	9:00am **Group Cycling Kelly F. /CS 10:00am **Zumba® Julie M. /AS 10:15am *Functional Flexibility Kelly F. /CR 11:00 am *Yoga	8:30am ***HIIT Jessica H. /AS 9:30am **Group Cycling Kelly F. /CS Class Locations:
	6:00am ***HIIT Mara G. /AS 7:30am **Pilates Angela L. /MBS 8:30am ***HIIT Mara G. /AS 9:30am **Yoga Cheryl G. /MBS	6:00am **Group Cycling EXP 45 min Mara G. /CS 8:30am **Group Cycling Brittainy H. /CS 8:30am ***Cardio Strength Amanda S. /AS 9:15am **Aqua Power Nicole L. /LAP	6:00am ***Kettlebell HIIT Mara G. /AS 7:30am **Strength & Conditioning Angela L. /AS 8:30am ***Kettlebell HIIT Mara G. /AS 8:30am **Group Cycling Kelly F. /CS	6:00am *** Full Body HIIT Amanda S. /AS 7:00am *Aqua Easy Movement Julie P. /WARM 8:30am **Group Cycling Lauren K. /CS 8:30am **Cardio Strength Erin Z. /AS	9:00am **Group Cycling Kelly F. /CS 10:00am **Zumba® Julie M. /AS 10:15am *Functional Flexibility Kelly F. /CR	8:30am ***HIIT Jessica H. /AS 9:30am **Group Cycling Kelly F. /CS Class Locations: LAR: Large Aerobic Room
	6:00am ***HIIT Mara G. /AS 7:30am **Pilates Angela L. /MBS 8:30am ***HIIT Mara G. /AS 9:30am **Yoga	6:00am **Group Cycling EXP 45 min Mara G. /CS 8:30am **Group Cycling Brittainy H. /CS 8:30am ***Cardio Strength Amanda S. /AS 9:15am **Aqua Power	6:00am ***Kettlebell HIIT Mara G. /AS 7:30am **Strength & Conditioning Angela L. /AS 8:30am ***Kettlebell HIIT Mara G. /AS 8:30am **Group Cycling	6:00am *** Full Body HIIT Amanda S. /AS 7:00am *Aqua Easy Movement Julie P. /WARM 8:30am **Group Cycling Lauren K. /CS 8:30am **Cardio Strength	9:00am **Group Cycling Kelly F. /CS 10:00am **Zumba® Julie M. /AS 10:15am *Functional Flexibility Kelly F. /CR 11:00 am *Yoga Julie M. /MBS Level Indicator	8:30am ***HIIT Jessica H. /AS 9:30am **Group Cycling Kelly F. /CS Class Locations: LAR: Large Aerobic Room CR: Conference Room
	6:00am ***HIIT Mara G. /AS 7:30am **Pilates Angela L. /MBS 8:30am ***HIIT Mara G. /AS 9:30am **Yoga Cheryl G. /MBS 9:30am **Group Cycling	6:00am **Group Cycling EXP 45 min Mara G. /CS 8:30am **Group Cycling Brittainy H. /CS 8:30am ***Cardio Strength Amanda S. /AS 9:15am **Aqua Power Nicole L. /LAP 9:30am **Cardio Strength Lite!	6:00am ***Kettlebell HIIT Mara G. /AS 7:30am **Strength & Conditioning Angela L. /AS 8:30am ***Kettlebell HIIT Mara G. /AS 8:30am **Group Cycling Kelly F. /CS 9:30am **Cardio Strength	6:00am *** Full Body HIIT Amanda S. /AS 7:00am *Aqua Easy Movement Julie P. /WARM 8:30am **Group Cycling Lauren K. /CS 8:30am **Cardio Strength Erin Z. /AS 8:30am **Yoga/Pilates Hybrid (45)	9:00am **Group Cycling Kelly F. /CS 10:00am **Zumba® Julie M. /AS 10:15am *Functional Flexibility Kelly F. /CR 11:00 am *Yoga Julie M. /MBS Level Indicator *Beginner	8:30am ***HIIT Jessica H. /AS 9:30am **Group Cycling Kelly F. /CS Class Locations: LAR: Large Aerobic Room
	6:00am ***HIIT Mara G. /AS 7:30am **Pilates Angela L. /MBS 8:30am ***HIIT Mara G. /AS 9:30am **Yoga Cheryl G. /MBS 9:30am **Group Cycling Kelly F. /CS	6:00am **Group Cycling EXP 45 min Mara G. /CS 8:30am **Group Cycling Brittainy H. /CS 8:30am ***Cardio Strength Amanda S. /AS 9:15am **Aqua Power Nicole L. /LAP 9:30am **Cardio Strength Lite! Stephanie O. /AS 9:30am *Quick Core! (30min) Brittainy H. /MBS	6:00am ***Kettlebell HIIT Mara G. /AS 7:30am **Strength & Conditioning Angela L. /AS 8:30am ***Kettlebell HIIT Mara G. /AS 8:30am **Group Cycling Kelly F. /CS 9:30am **Cardio Strength Kelly F. /AS 10:45am *Functional Flexibility Kelly F. /CR	6:00am *** Full Body HIIT Amanda S. /AS 7:00am *Aqua Easy Movement Julie P. /WARM 8:30am **Group Cycling Lauren K. /CS 8:30am **Cardio Strength Erin Z. /AS 8:30am **Yoga/Pilates Hybrid (45) Cheryl G. /MBS 9:15am **Aqua Power Nicole L. /LAP	9:00am **Group Cycling Kelly F. /CS 10:00am **Zumba® Julie M. /AS 10:15am *Functional Flexibility Kelly F. /CR 11:00 am *Yoga Julie M. /MBS Level Indicator	8:30am ***HIIT Jessica H. /AS 9:30am **Group Cycling Kelly F. /CS Class Locations: LAR: Large Aerobic Room CR: Conference Room SAR: Small Aerobic Room FF: Fitness Floor WARM: Therapy Pool
Center CLOSED **Happy **NeW	6:00am ***HIIT Mara G. /AS 7:30am **Pilates Angela L. /MBS 8:30am ***HIIT Mara G. /AS 9:30am **Yoga Cheryl G. /MBS 9:30am **Group Cycling Kelly F. /CS 10:30am **Cardio Strength Kelly F. /AS 10:30am *Chair Yoga	6:00am **Group Cycling EXP 45 min Mara G. /CS 8:30am **Group Cycling Brittainy H. /CS 8:30am ***Cardio Strength Amanda S. /AS 9:15am **Aqua Power Nicole L. /LAP 9:30am **Cardio Strength Lite! Stephanie O. /AS 9:30am *Quick Core! (30min) Brittainy H. /MBS 10:30am **Pilates Level II	6:00am ***Kettlebell HIIT Mara G. /AS 7:30am **Strength & Conditioning Angela L. /AS 8:30am ***Kettlebell HIIT Mara G. /AS 8:30am **Group Cycling Kelly F. /CS 9:30am **Cardio Strength Kelly F. /AS 10:45am *Functional Flexibility Kelly F. /CR 6:15pm **Aqua Power	6:00am *** Full Body HIIT Amanda S. /AS 7:00am *Aqua Easy Movement Julie P. /WARM 8:30am **Group Cycling Lauren K. /CS 8:30am **Cardio Strength Erin Z. /AS 8:30am **Yoga/Pilates Hybrid (45) Cheryl G. /MBS 9:15am **Aqua Power Nicole L. /LAP 9:15am *YIN Yoga (45)	9:00am **Group Cycling Kelly F. /CS 10:00am **Zumba® Julie M. /AS 10:15am *Functional Flexibility Kelly F. /CR 11:00 am *Yoga Julie M. /MBS Level Indicator *Beginner All levels welcome, entry level. **Intermediate Most levels welcome, fitness experience	8:30am ***HIIT Jessica H. /AS 9:30am **Group Cycling Kelly F. /CS Class Locations: LAR: Large Aerobic Room CR: Conference Room SAR: Small Aerobic Room FF: Fitness Floor
Center CLOSED **Happy **NeW	6:00am ***HIIT Mara G. /AS 7:30am **Pilates Angela L. /MBS 8:30am ***HIIT Mara G. /AS 9:30am **Yoga Cheryl G. /MBS 9:30am **Group Cycling Kelly F. /CS 10:30am **Cardio Strength Kelly F. /AS 10:30am *Chair Yoga Jeanette B. / CR	6:00am **Group Cycling EXP 45 min Mara G. /CS 8:30am **Group Cycling Brittainy H. /CS 8:30am ***Cardio Strength Amanda S. /AS 9:15am **Aqua Power Nicole L. /LAP 9:30am **Cardio Strength Lite! Stephanie O. /AS 9:30am *Quick Core! (30min) Brittainy H. /MBS 10:30am **Pilates Level II Stephanie O. /MBS	6:00am ***Kettlebell HIIT Mara G. /AS 7:30am **Strength & Conditioning Angela L. /AS 8:30am ***Kettlebell HIIT Mara G. /AS 8:30am **Group Cycling Kelly F. /CS 9:30am **Cardio Strength Kelly F. /AS 10:45am *Functional Flexibility Kelly F. /CR 6:15pm **Aqua Power Nicole L. /LAP	6:00am *** Full Body HIIT Amanda S. /AS 7:00am *Aqua Easy Movement Julie P. /WARM 8:30am **Group Cycling Lauren K. /CS 8:30am **Cardio Strength Erin Z. /AS 8:30am **Yoga/Pilates Hybrid (45) Cheryl G. /MBS 9:15am **Aqua Power Nicole L. /LAP 9:15am *YIN Yoga (45) Cheryl G. /MBS	9:00am **Group Cycling Kelly F. /CS 10:00am **Zumba® Julie M. /AS 10:15am *Functional Flexibility Kelly F. /CR 11:00 am *Yoga Julie M. /MBS Level Indicator *Beginner All levels welcome, entry level. **Intermediate Most levels welcome, fitness experience and active lifestyle recommended.	8:30am ***HIIT Jessica H. /AS 9:30am **Group Cycling Kelly F. /CS Class Locations: LAR: Large Aerobic Room CR: Conference Room SAR: Small Aerobic Room FF: Fitness Floor WARM: Therapy Pool
Center CLOSED **Happy **NeW	6:00am ***HIIT Mara G. /AS 7:30am **Pilates Angela L. /MBS 8:30am ***HIIT Mara G. /AS 9:30am **Yoga Cheryl G. /MBS 9:30am **Group Cycling Kelly F. /CS 10:30am **Cardio Strength Kelly F. /AS 10:30am *Chair Yoga Jeanette B. / CR 4:00pm *Foam Roller Yoga Mix	6:00am **Group Cycling EXP 45 min Mara G. /CS 8:30am **Group Cycling Brittainy H. /CS 8:30am ***Cardio Strength Amanda S. /AS 9:15am **Aqua Power Nicole L. /LAP 9:30am **Cardio Strength Lite! Stephanie O. /AS 9:30am *Quick Core! (30min) Brittainy H. /MBS 10:30am **Pilates Level II Stephanie O. /MBS 10:30am *Aquacize with Arthritis	6:00am ***Kettlebell HIIT Mara G. /AS 7:30am **Strength & Conditioning Angela L. /AS 8:30am ***Kettlebell HIIT Mara G. /AS 8:30am **Group Cycling Kelly F. /CS 9:30am **Cardio Strength Kelly F. /AS 10:45am *Functional Flexibility Kelly F. /CR 6:15pm **Aqua Power Nicole L. /LAP 6:30pm **WERQ	6:00am *** Full Body HIIT Amanda S. /AS 7:00am *Aqua Easy Movement Julie P. /WARM 8:30am **Group Cycling Lauren K. /CS 8:30am **Cardio Strength Erin Z. /AS 8:30am **Yoga/Pilates Hybrid (45) Cheryl G. /MBS 9:15am **Aqua Power Nicole L. /LAP 9:15am *YIN Yoga (45) Cheryl G. /MBS 9:30am ** Cycling Fusion	9:00am **Group Cycling Kelly F. /CS 10:00am **Zumba® Julie M. /AS 10:15am *Functional Flexibility Kelly F. /CR 11:00 am *Yoga Julie M. /MBS Level Indicator *Beginner All levels welcome, entry level. **Intermediate Most levels welcome, fitness experience and active lifestyle recommended. ***Advanced Requires experienced fitness level and	8:30am ***HIIT Jessica H. /AS 9:30am **Group Cycling Kelly F. /CS Class Locations: LAR: Large Aerobic Room CR: Conference Room SAR: Small Aerobic Room FF: Fitness Floor WARM: Therapy Pool
Iappy **Vear	6:00am ***HIIT Mara G. /AS 7:30am **Pilates Angela L. /MBS 8:30am ***HIIT Mara G. /AS 9:30am **Yoga Cheryl G. /MBS 9:30am **Group Cycling Kelly F. /CS 10:30am **Cardio Strength Kelly F. /AS 10:30am *Chair Yoga Jeanette B. / CR 4:00pm *Foam Roller Yoga Mix	6:00am **Group Cycling EXP 45 min Mara G. /CS 8:30am **Group Cycling Brittainy H. /CS 8:30am ***Cardio Strength Amanda S. /AS 9:15am **Aqua Power Nicole L. /LAP 9:30am **Cardio Strength Lite! Stephanie O. /AS 9:30am *Quick Core! (30min) Brittainy H. /MBS 10:30am **Pilates Level II Stephanie O. /MBS 10:30am *Aquacize with Arthritis Nicole L. /WARM	6:00am ***Kettlebell HIIT Mara G. /AS 7:30am **Strength & Conditioning Angela L. /AS 8:30am ***Kettlebell HIIT Mara G. /AS 8:30am **Group Cycling Kelly F. /CS 9:30am **Cardio Strength Kelly F. /AS 10:45am *Functional Flexibility Kelly F. /CR 6:15pm **Aqua Power Nicole L. /LAP	6:00am *** Full Body HIIT Amanda S. /AS 7:00am *Aqua Easy Movement Julie P. /WARM 8:30am **Group Cycling Lauren K. /CS 8:30am **Cardio Strength Erin Z. /AS 8:30am **Yoga/Pilates Hybrid (45) Cheryl G. /MBS 9:15am **Aqua Power Nicole L. /LAP 9:15am *YIN Yoga (45) Cheryl G. /MBS 9:30am ** Cycling Fusion Kelly F. /CS/AS	9:00am **Group Cycling Kelly F. /CS 10:00am **Zumba® Julie M. /AS 10:15am *Functional Flexibility Kelly F. /CR 11:00 am *Yoga Julie M. /MBS Level Indicator *Beginner All levels welcome, entry level. **Intermediate Most levels welcome, fitness experience and active lifestyle recommended. ****Advanced	8:30am ***HIIT Jessica H. /AS 9:30am **Group Cycling Kelly F. /CS Class Locations: LAR: Large Aerobic Room CR: Conference Room SAR: Small Aerobic Room FF: Fitness Floor WARM: Therapy Pool
Center CLOSED **Happy **NeW	6:00am ***HIIT Mara G. /AS 7:30am **Pilates Angela L. /MBS 8:30am ***HIIT Mara G. /AS 9:30am **Yoga Cheryl G. /MBS 9:30am **Group Cycling Kelly F. /CS 10:30am **Cardio Strength Kelly F. /AS 10:30am *Chair Yoga Jeanette B. / CR 4:00pm *Foam Roller Yoga Mix	6:00am **Group Cycling EXP 45 min Mara G. /CS 8:30am **Group Cycling Brittainy H. /CS 8:30am ***Cardio Strength Amanda S. /AS 9:15am **Aqua Power Nicole L. /LAP 9:30am **Cardio Strength Lite! Stephanie O. /AS 9:30am *Quick Core! (30min) Brittainy H. /MBS 10:30am **Pilates Level II Stephanie O. /MBS 10:30am *Aquacize with Arthritis Nicole L. /WARM 5:30pm HIIT Express (45min)	6:00am ***Kettlebell HIIT Mara G. /AS 7:30am **Strength & Conditioning Angela L. /AS 8:30am ***Kettlebell HIIT Mara G. /AS 8:30am **Group Cycling Kelly F. /CS 9:30am **Cardio Strength Kelly F. /AS 10:45am *Functional Flexibility Kelly F. /CR 6:15pm **Aqua Power Nicole L. /LAP 6:30pm **WERQ	6:00am *** Full Body HIIT Amanda S. /AS 7:00am *Aqua Easy Movement Julie P. /WARM 8:30am **Group Cycling Lauren K. /CS 8:30am **Cardio Strength Erin Z. /AS 8:30am **Yoga/Pilates Hybrid (45) Cheryl G. /MBS 9:15am **Aqua Power Nicole L. /LAP 9:15am *YIN Yoga (45) Cheryl G. /MBS 9:30am ** Cycling Fusion Kelly F. /CS/AS 10:30am *Aquacize with Arthritis	9:00am **Group Cycling Kelly F. /CS 10:00am **Zumba® Julie M. /AS 10:15am *Functional Flexibility Kelly F. /CR 11:00 am *Yoga Julie M. /MBS Level Indicator *Beginner All levels welcome, entry level. **Intermediate Most levels welcome, fitness experience and active lifestyle recommended. ***Advanced Requires experienced fitness level and conditioned individual.	8:30am ***HIIT Jessica H. /AS 9:30am **Group Cycling Kelly F. /CS Class Locations: LAR: Large Aerobic Room CR: Conference Room SAR: Small Aerobic Room FF: Fitness Floor WARM: Therapy Pool
Iappy **Vear	6:00am ***HIIT Mara G. /AS 7:30am **Pilates Angela L. /MBS 8:30am ***HIIT Mara G. /AS 9:30am **Yoga Cheryl G. /MBS 9:30am **Group Cycling Kelly F. /CS 10:30am **Cardio Strength Kelly F. /AS 10:30am *Chair Yoga Jeanette B. / CR 4:00pm *Foam Roller Yoga Mix	6:00am **Group Cycling EXP 45 min Mara G. /CS 8:30am **Group Cycling Brittainy H. /CS 8:30am ***Cardio Strength Amanda S. /AS 9:15am **Aqua Power Nicole L. /LAP 9:30am **Cardio Strength Lite! Stephanie O. /AS 9:30am *Quick Core! (30min) Brittainy H. /MBS 10:30am **Pilates Level II Stephanie O. /MBS 10:30am *Aquacize with Arthritis Nicole L. /WARM 5:30pm HIIT Express (45min) Jennifer L. /AS	6:00am ***Kettlebell HIIT Mara G. /AS 7:30am **Strength & Conditioning Angela L. /AS 8:30am ***Kettlebell HIIT Mara G. /AS 8:30am **Group Cycling Kelly F. /CS 9:30am **Cardio Strength Kelly F. /AS 10:45am *Functional Flexibility Kelly F. /CR 6:15pm **Aqua Power Nicole L. /LAP 6:30pm **WERQ	6:00am *** Full Body HIIT Amanda S. /AS 7:00am *Aqua Easy Movement Julie P. /WARM 8:30am **Group Cycling Lauren K. /CS 8:30am **Cardio Strength Erin Z. /AS 8:30am **Yoga/Pilates Hybrid (45) Cheryl G. /MBS 9:15am **Aqua Power Nicole L. /LAP 9:15am *YIN Yoga (45) Cheryl G. /MBS 9:30am ** Cycling Fusion Kelly F. /CS/AS 10:30am *Aquacize with Arthritis Nicole L. /WARM	9:00am **Group Cycling Kelly F. /CS 10:00am **Zumba® Julie M. /AS 10:15am *Functional Flexibility Kelly F. /CR 11:00 am *Yoga Julie M. /MBS Level Indicator *Beginner All levels welcome, entry level. **Intermediate Most levels welcome, fitness experience and active lifestyle recommended. ***Advanced Requires experienced fitness level and	8:30am ***HIIT Jessica H. /AS 9:30am **Group Cycling Kelly F. /CS Class Locations: LAR: Large Aerobic Room CR: Conference Room SAR: Small Aerobic Room FF: Fitness Floor WARM: Therapy Pool LAP: Lap Pool
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- *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 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.
- **<u>Ğroup Cycling/Cycle Express</u>: 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.
- *<u>Mia</u>: 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.
- **<u>Vinyasa Yoga</u>: This style of yoga incorporates strength, balance, flexibility & cardio. Members flow through sequences of poses linked together with the breath.

 **<u>WERQ</u> 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
- *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.
- *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.

Christmas Holiday Weekend Schedule

Friday 12/22 Center Hours: 5am-8pm

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

7:00am *Aqua Easy Movement

Julie P. /WARM

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

8:30am **Yoga/Pilates Hybrid (45)

Cheryl G. /MBS

9:15am **Agua Power

Nicole L. /LAP

9:15am *YIN Yoga (45)

Chervl G. /MBS

9:30am ** Cycling Fusion

Kelly F. /CS/AS

10:30am *Aquacize with Arthritis

Nicole L. /WARM

5:30pm *Pop-Up Fitness Classes:

NIA

Megan F. /MBS

Saturday 12/23 Center Hours 7am-3 pm

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

9:00am **Group Cycling

Kelly F. /CS

10:15am *Functional Flexibility

Kelly F. /CR

Christmas Eve

Sunday December 24th Center Hours 7am-12 pm

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



CLASS SCHEDULE



2810 Baker Road, Dexter, MI 48130 Phone: 734-580-2500 www.dexterwellness.org

Effective: 12/22/23-1/7/24

Center Hours 12/25-12/31

Mon: Christmas Day CLOSED
Tues-Thurs: 5:00 am-8:00 pm

Fri: 5:00 am-7:00 pm

Sat: 7:00 am-3:00 pm

Sun: 7:00am-3:00 pm

KIM Hours 12/25-12/30

Mon: Christmas Day CLOSED
Tues-Sat: 8:00am-12:30pm
Tues & Thurs: 4:00pm-7:30pm

Center Hours 1/1-1/7

Mon: New Year's Day CLOSED Tues-Thurs: 5:00 am-8:00 pm

Fri: 5:00 am-7:00 pm

Sat: 7:00 am-3:00 pm

Sun: 7:00am-3:00 pm:

KIM Hours 1/1-1/6

Mon: New Year's Day CLOSED Tues-Sat: 8:00am-12:30pm Tues & Thurs: 4:00pm-7:30pm

Dexter Wellness Center reserves the right to make any type of change or substitution at any point. The Chelsea 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.