

**SPRING
BREAK!**



GROUP EXERCISE CLASS SCHEDULE

Monday, March 25 – Sunday, March 31, 2024



MONDAY MARCH 25

6:00am
*****HIIT**
Mara G./AS

8:30am
****Cardio**
Strength
Mara G./AS

9:30am
****Zumba®**
Laura M. /AS

6:00pm
**** Group Cycling**
Kelly F. /CS

TUESDAY MARCH 26

6:00am
*****HIIT**
Mara G./AS

7:30am
****Pilates**
Angela L. /MBS

8:30am
*****HIIT**
Mara/AS

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
***Pilates Level I**
Stephanie O/MBS

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

3:15pm
***Z-Yoga**
Maureen T. /MBS

4:00pm
***Foam Roller**
Yoga Mix
Maureen T. /MBS

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

WEDNESDAY MARCH 27

6:00am
****Group Cycling**
Mara G./CS

8:30am
****Group Cycling**
Mara G./CS

9:30am
***Quick Core (30)**
Mara G. MBS

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

10:30am
***Pilates Level II**
Stephanie O/MBS

4:30 pm
Z HIGH Fitness
Sophie J./AS

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

5:15 pm
HIGH Fitness
Sophie J./MBS

5:30 pm
HIIT Express (45)
Jennifer L./AS

6:15 pm
Vinyasa Yoga
Rhonda C./MBS

6:30pm
**** Group Cycling**
Jennifer L. /CS

6:30pm
****Zumba®**
Laura M. /AS

THURSDAY MARCH 28

6:00am
*****Kettlebell**
HIIT
Mara G./AS

7:30am
****Strength &**
Conditioning
Angela L. /MBS

8:30am
*****Kettlebell**
HIIT
Mara/AS

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

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

10:30am
****Cardio**
Strength Lite!
Stephanie O. /AS

10:45am
***Functional**
Flexibility
Kelly F. /CR

6:30pm
****WERQ**
Jessica R./AS

FRIDAY MARCH 29

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

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

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

9:30am
****Cycle Fusion**
Kelly F. /CS/AS

11:00am
****Zumba®**
Jessica R. / AS

5:30pm
Pop-Up Class:
Healthy Hips
Yoga
Suzanne V./MBS



SATURDAY MARCH 30

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

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

9:00am
****Group Cycling**
Kelly F. /CS

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

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

10:00am
****Zumba®**
Julie M. / AS

10:15am
***Functional**
Flexibility
Kelly F. /CR

11:00am
***Yoga**
Julie M./MBS

SUNDAY MARCH 31

8:30am
HIIT
Jessica H. /AS

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

CLASS DESCRIPTIONS:

***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:** 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 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.

****Cycle 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.

****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!

*****HIGH Fitness:** Using ZERO equipment, this full body workout alternates bouts of high-intensity movement with moderate/active recovery to constantly challenge your body in a safe and effective way set to fabulous music!

*****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.

****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 starting with Beginning & Level I classes to establish an understanding of Pilates technique before moving up to Level II classes.

***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!

****Strength & Conditioning** Foundational strength training 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:** 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!

Z-HIGH Fitness: This class is focused for our Gen Z members.

Using ZERO equipment, this full body workout alternates bouts of high-intensity movement with moderate/active recovery to constantly challenge your body in a safe and effective way set to great music!

Z-Yoga: This 45-minute gentle yoga practice will allow Gen Z members to relax and clear their heads after a long day at school. Classes will incorporate breath work, stretching and strengthening, and a brief flow through a sequence of poses. Suitable for beginners as well as those with a more established yoga practice.

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 25-Sunday, March 31, 2024



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

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

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.