

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		*** HIIT Express Mara/AS, 45 min					
6:00 AM	** Cycle Express Cindy/CS, 45 min		** Cycle Express Mara/CS, 45 min	*** HIIT Express Mara/AS, 45 min			
6:15 AM		*** HIIT Express Mara/AS, 45 min					
8:00 AM				*** Kettlebell Express Mara/AS, 30 min		** Vinyasa Yoga Rhonda/MBS, 1 hr	
8:15 AM						** Group Cycling Mary/CS, 1 hr	** Group Cycling Dale/CS, 1 hr
8:30 AM	** Group Cycling Kiya/CS, 1 hr ** Cardio & Strength Power Hour Jean/AS, 1 hr	*** HIIT Mara/AS, 1 hr	** Group Cycling Emily/CS, 1 hr ** Cardio, Strength Intervals Lori/AS, 1 hr	** Group Cycling Cheryl/CS, 1 hr Starting 2/8/18 *** HIIT Mara/AS, 1 hr	** Group Cycling Kiya & Emily/CS 1 hr Starting 2/2/18 ** Cardio, Strength Intervals Lori/AS, 1 hr		** Power Vinyasa Yoga Kiya/MBS 1.25 hr
9:00 AM		** Vinyasa Yoga MBS, 1 hr ** Aqua Cardio Power Susan F./WARM, 1 hr		** Vinyasa Yoga Meg/MBS, 1 hr		** Total Body Strength & Conditioning Dave/Gym, 1 hr ** Aqua Power Strength & Cardio Andrea/LAP, 1 hr	
9:30 AM	** Zumba® Lori/AS, 1 hr ** Vinyasa Yoga Megan/MBS, 1 hr	* Zumba® Toning Marta/AS, 1 hr	** Core Conditioning Lori/AS, 30 min ** Solar Flow Yoga Kiya/MBS, 1 hr	* Zumba® Gold Laura M./AS, 1 hr	** Arms & Abs Lori/AS, 30 min ** Vinyasa Yoga Roo/MBS, 1 hr		
10:00 AM	** Aqua Energizer Andrea/LAP, 1 hr			** Aqua Cardio Strength Intervals Jean/LAP, 1 hr	* Arthritis Foundation Exercise Program Melissa/CR, 1 hr (No Class 3/2) *Aqua Energizer Lite Andrea/WARM, 1 hr	** Barre Intervals Amy/MBS, 1 hr ** Zumba Julie & Katherine/AS 1 hr	** Aqua Cardio Power Susan F./WARM 1 hr Starts 1/21/18
10:30 AM	* Gentle Yoga Megan/MBS, 1 hr	** Mindful Toning & Balance Laura T./MBS, 1 hr New Class Starting 2/6/18	* Pilates Level I Sara/AS, 1 hr	** Pilates Level II Stephanie/MBS, 1 hr	* Gentle Yoga Roo/MBS, 1 hr		** Barre Intervals Amy/MBS, 1 hr
11:00 AM		* Aquacize with Arthritis Carrie/WARM, 1 hr		* Aquacize with Arthritis Carrie/WARM, 1 hr			
11:30 AM	** Aqua Yoga Diane/WARM, 1 hr						
1:00 PM				* Tai Chi Bob/MBS, 1 hr. Starting 1/18/18			
4:30 PM		** Barre Intervals Express Sara/MBS, 45 min		** Pilates Barre Fusion Sara/MBS, 1 hr			
5:00 PM			* Nia Megan/MBS, 1 hr				
5:30 PM	*** HIIT Brett/GYM, 1 hr ** Vinyasa Yoga Roo/MBS, 1 hr	** Group Cycling Cindy/CS, 1 hr *** Kettlebell Mara/AS, 1 hr	*** HIIT Brett/AS, 1 hr		*** HIIT Dave/AS, 1 hr		
5:45 PM	* Tai Chi Kirk/AS, 45 min. Starts 1/22			** Vinyasa & Core Flow Yoga Matt/MBS, 1.25 hrs	<p>Land Classes are in GREEN Water classes are in BLUE New Classes/Class Changes are indicated in RED</p> <p>Class Locations: AS: Aerobic Studio GYM: Gymnasium CR: Conference Room LAP: Large Pool CS: Cycling Studio WARM: Therapy Pool MBS: Mind Body Studio FF: Fitness Floor</p> <p>Level Indiction: *Beginner- all levles welcome, entry level **Intermediate- most levels welcome, fitness experience and active lifestyle recommended ***Advanced- requires fitness level and conditioned individual</p>		
6:00 PM	** Group Cycling Carla/CS, 1 hour	** Aqua HIIT Rick/LAP, 1 hr	** Vinyasa Yoga Megan/MBS, 1 hr	** Group Cycling Dale/CS, 1 hr ** Barre & Toning Monique/AS, 1 hr			
6:30 PM	** Zumba® Katherine/AS, 1 hr ** Pilates Level I/II Rachel/MBS, 1 hr	** Zumba® Julie/AS, 1 hr	** Zumba® Laura M./AS, 1 hr				
7:00 PM		* Gentle Yoga & Guided Meditation Jeanette/MBS, 1 hr		*** Kettlebell HIIT Mara/AS, 1 hour			

Class Schedule



2810 Baker Road
Dexter, MI 48130
Phone: 734-580-2500

www.dexterwellness.org

Effective 1/16/2018

The class schedule is also available online.
Please check the website frequently for regular updates

Center Hours

Mon–Thur	5:00am–9:30pm	Mon–Thurs	8:00am–2:00pm
Fri	5:00 am–8:00 pm		3:30pm–8:00pm
Sat	7:00 am–6:00 pm		(Closed from 2:00-3:30)
Sun	7:00 am–6:00 pm	Fri and Sat	8:00am–2:00pm
		Sun	10:00am–2:00pm

Kids In Motion Hours

Swim & Gym Hours

Mon/Wed	9:00 am–11:30 am
Tues/Thurs/Fri	4:30 pm–7:00 pm
Saturday	1:00 pm–3:30 pm
Sunday	1:00 pm–3:30 pm

The Group Exercise Schedule is consistently revised and evaluated for success. Many factors are taken into consideration on a weekly basis to ensure a diverse and cohesive schedule including attendance, instructor availability, holidays, and inclement weather. The Dexter Wellness Center reserves the right to make any type of change or

Group Class Descriptions

****Aqua Cardio Power:** An energetic, challenging interval class fusing timed intervals of cardiovascular and strength work with buoyant dumbbells and noodles!

****Aqua Cardio Strength Intervals (CSI)/ Aqua Cardio Strength Intervals (CSI) Deep End:** A high energy, challenging interval class fusing timed intervals of cardiovascular work with weights and more! The "Deep End" class takes place in the deep end of the LAP pool.

****Aqua Energizer:** Boost energy while increasing endurance and strength in this total body aqua class! Get ready to MOVE!

***Aqua Energizer Lite :** A lower intensity water workout that incorporates strength and toning exercises while helping to build endurance and energy.

****Aqua HIIT:** An effective way to get and stay in shape. Every exercise is designed to improve core stability while challenging the body in an aquatic environment which provides the added bonus of less impact and low risk of injury. Classes are structured so every fitness level gets a great workout.

****Aqua Power Strength & Cardio:** This high intensity workout will cover both cardio and strength building. Increase your endurance and power with the help of various techniques, weights and tools.

***Aqua Yoga:** A gentle and low impact class, Aqua Yoga takes the principles and movements of yoga and adapts them for the water.

***Aquaize with Arthritis:** This low-impact class is perfect for those suffering from arthritis, osteoporosis, and other issues that compromise joint mobility. Exercises are designed to help increase range of motion, flexibility, strength, and endurance for activities of daily living.

****Arms & Abs:** A comprehensive workout for your entire upper body and core. Shoulders, triceps, biceps, chest and upper back will be targeted in addition to strengthening abdominals, obliques and the lower back.

***Arthritis Foundation Exercise Program:** A joint-safe, low-impact, gentle but challenging head-to-toe workout.

****Barre Intervals/Barre Intervals Express:** An intense toning class that uses high repetitions and fuses ballet barre technique, Pilates, Yoga, and weight-training.

****Barre & Toning:** This class incorporates barre technique, weights, balls, bands and provides intense toning focusing on your entire body.

****Cardio Strength Power Hour:** Burn calories with floor aerobics using weights, balls, Bosu, barbells, and other training equipment.

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

*****Core Conditioning:** A complete abdominal workout focusing on the core muscles of abs and back. A great way to top off your previous class or floor workout! Core Conditioning integrates additional equipment for total core muscle

***Gentle Yoga:** A gentle form of yoga that is slow-paced and thoughtful. Great for beginners or as a condensed restorative practice.

***Gentle Yoga & Guided Meditation:** This combination class intersperses a variety of poses that increase flexibility, balance, and circulation with different meditation techniques that bring us into the present moment and help us develop non-judging body awareness and deep relaxation.

****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)/H.I.I.T. Express:** 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!

****Kettlebell/**Kettlebell Express:** Kettlebell training is one of the best methods to work aerobically, burn calories, all while strengthening the legs, core, and glutes. NOTE: This class is NOT for people with knee, hip, elbow, or shoulder issues, or high blood pressure.

*****Kettlebell H.I.I.T:** A high-energy interval class that uses equipment and Kettlebells to increase metabolism and elevate heart rate!

****Mindful Toning & Balance:** This class incorporates mindful, Pilates based movements to help with joint mobilization, core strength, balance, and flexibility through a series of exercises done both on the floor and standing.

***Nia:** Combining dance, martial arts and 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 and soul. It combines 52 simple moves with dance arts, martial arts and healing arts to get you fit in 60 minutes.

/**/Pilates (all levels):** Employs traditional and micro-movement exercises for gentle joint mobilization and core strengthening. Builds torso strength and increases flexibility through a series of gentle floor exercises. NOTE: We advise taking Beginning and Level I classes to establish an understanding of Pilates technique prior to taking Level II and Power Pilates classes.

****Pilates Barre Fusion:** Toning exercises using light equipment and high reps are combined with Pilates core training principles and basic Barre technique.

****Pound@:** Using lightly weighted drumsticks, this class fuses cardio, conditioning, and strength training with yoga and Pilates inspired movements for a heart-pumping workout!

****Power Vinyasa Yoga:** An athletic, energetic flowing practice. Invigorating and challenging. Previous Yoga experience required.

***Solar Flow Yoga:** Invigorating morning yoga. Starts with a gentle warm-up, slowly progressing to more challenging poses, ending with relaxation.

***Tai Chi:** A martial art with slow, synchronized movements performed in continuous form. Thirty short-form movements and self-defense applications will be taught. Helps reduce stress, improve concentration, energy level, and body awareness.

****Total Body Strength & Conditioning:** Athletic conditioning style exercises are taught in this effective class. Body weight and equipment are both used to integrate strength training exercises with cardio work.

****Vinyasa Yoga:** Balance and flexibility is the focus of this class. Sequences of flowing poses link together breath and movement.

****Vinyasa Core Flow Yoga:** Balance, flexibility, strength and more. Fluid choreography combining breath and movement.

***Zumba@/Zumba Toning@:** A fusion of Latin and 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 and international dance moves and music.

Class Etiquette

Group exercise classes are an important part of the Dexter Wellness Center. Members and guests participating in class are asked to adhere to the following to help keep classes at the highest possible standard.

1. Arrive on time (or a few minutes early)
2. Keep conversations to a minimum
3. Be courteous to other class participants and other classes
4. Do not use cell phone or other electronic devices during class
5. Prioritize safety and health above all else
6. Please go to your instructor with questions and comments before/after class and they will answer them to the best of their ability.