

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM		***HIIT Express Mara/AS, 45 min		***HIIT Express Mara/AS, 45 min			
6:00AM			**Cycle Express Mara/CS, 45 min				
6:15AM		***HIIT Express Mara/AS, 45 min		***HIIT Express Mara/AS, 45 min			
8:00AM						**Vinyasa Yoga Rhonda/MBS, 1 hr	
8:15AM							**Group Cycling Dale/CS, 1 hr
8:30AM	**Group Cycling Kiya/CS, 1 hr **Cardio & Strength Power Hour Jean/AS, 1 hr	***HIIT Mara/AS, 1 hr	NEW INSTRUCTOR STARTING 7/18 **Group Cycling Rachel/CS, 1 hr NEW INSTRUCTOR STARTING 7/18 **Cardio, Strength Intervals Emily/AS, 1 hr	NEW INSTRUCTOR STARTING 7/19 **Group Cycling Emily/CS, 1 hr ***HIIT Mara/AS, 1 hr	NEW CLASS STARTING 7/20 **Barre Burn & Power Jillian/AS, 1 hr **Group Cycling Kiya & Sara/CS, 1 hr		**Power Vinyasa Yoga Kiya/MBS 1.25 hr
9:00AM		**Aqua Cardio Power Susan F./WARM, 1 hr **Vinyasa Yoga Lauren/MBS, 1 hr		**Float for Functional Fitness Diane/Lap, 1 hr **Vinyasa Yoga Meg/MBS, 1 hr		**Total Body Strength & Conditioning Jen S./AS, 1 hr **Aqua Power Strength & Cardio Andrea/LAP, 1 hr	
9:15AM			**Solar Flow Yoga Kiya/MBS, 1 hr				
9:30AM	**Zumba@ Laura M./AS, 1 hr **Vinyasa Yoga Roo/MBS, 1 hr	**PiYo@ Live Jen C./AS, 1 hr	NEW INSTRUCTOR STARTING 7/18 **Core Conditioning Emily/AS, 30 min	*Zumba@ Gold Laura M./AS, 1 hr	**Vinyasa Yoga Megan/MBS, 1 hr NEW CLASS STARTING 7/20 **Arms & Pilates Abs Jillian/AS, 45 min		
10:00AM	**Aqua Energizer Andrea/LAP, 1 hr				*Arthritis Foundation Exercise Program Melissa/CR, 1 hr *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 **Barre Intervals Amy/MBS, 1 hr
10:30AM	*Gentle Yoga Roo/MBS, 1 hr	**Pilates Level I/II Laura T./MBS, 1 hr	*Pilates Level I Sara/MBS, 1 hr	**Pilates Level II Stephanie/MBS, 1 hr	*Gentle Yoga Megan/MBS, 1 hr		
11:30AM	**Aqua Yoga Diane/WARM, 1 hr		NEW INSTRUCTOR DAY & TIME STARTING 8/1 *Aquacize with Arthritis Lauren/WARM, 1 hr		NEW INSTRUCTOR DAY & TIME STARTING 8/3 *Aquacize with Arthritis Courtne/WARM, 1 hr		
12:00PM	**Noon Circuit Fitness/FF, 45 min		**Noon Circuit Fitness/FF, 45 min				
1:00PM				*Tai Chi (7/5-8/30) Bob/MBS, 1 hr Registration Required for ALL Participants			
4:30PM		**Barre Intervals Express Sara/MBS, 45 min		*Aqua Foundations Regina/LAP, 1 hr			
5:30PM	***HIIT Brett/GYM, 1 hr	***Kettlebell Mara/AS, 1 hr	*Nia Megan/MBS, 1 hr ***HIIT Brett/AS, 1 hr **Aqua HIIT Rick/LAP, 1 hr	**Pilates Level I/II Sara/MBS, 1 hr	***HIIT Instructors Rotate AS, 1 hr		
5:45PM	*Tai Chi (7/9-7/30) Kirk/MBS, 1 hr Registration Required for ALL Participants				<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>		
6:00PM		**Group Cycling Cindy/CS, 1 hr		**Group Cycling Dale/CS, 1 hr **Barre & Toning Monique/AS, 1 hr			
6:30PM	**Zumba@ Katherine/AS, 1 hr	**Pound@ Julie/AS, 45 min	**Vinyasa Yoga Megan/MBS, 1 hr **Zumba@ Laura M./AS, 1 hr				
7:00PM		*Gentle Yoga & Guided Meditation Jeanette/MBS, 1 hr		*Stretch & Meditation Karen F./AS, 1 hr			

Class Schedule



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

www.dexterwellness.org

Effective 7/16/2018

The class schedule is also available online and our app.
Please check frequently for regular updates.

<u>Center Hours</u>		<u>Kids In Motion Hours</u>	
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
<u>Swim & Gym Hours</u>			
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 substitution at

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 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 Foundations:** Suitable for all fitness levels, this class focuses on the basics of aquatic exercise while working to improve your cardio fitness, muscular strength, and flexibility.
- **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.
- *Aquacize 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 & Pilates Abs:** A comprehensive workout for your entire upper body and core that incorporates both group exercise and Pilates exercises. 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 Burn & Power:** Get ready to have FUN and sculpt your whole body with this cardio and strength workout! This class cranks up the heat with more weight, more reps, and cardio intervals until you feel the burn. You will keep your heart rate up and calorie count even higher by incorporating ballet barre work, weights, resistance bands, gliders, and finish with Pilates mat work. This is a FULL BODY workout, so bring your energy and be ready to sweat!
- **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 conditioning in addition to the abdominals.

****Float for Functional Fitness:** Cardio and strength water fitness using the "WeCoach" technique. you will move your body and feet in directional movements targeting total body functionality. This program is geared to prepare the body for everyday movement, help you get stronger, reduce stiffness and improve balance.

***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.

****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.

****Noon Circuit:** A circuit based total body workout appropriate for all fitness levels.

//**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

****PiYo® Live:** A cardio-fusion of fast-paced, yoga-style, and Pilates-inspired movements to develop long, lean muscles while building strength and increasing balance and flexibility. Burn major calories with the low-impact, high intensity sequences with out putting stress on your joints.

****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.

***Stretch & Meditation:** Begin with gentle stretching and attention to breath to soften and open muscles, improve range of motion, and expand inner calm and peace. The second half of class will incorporate guided meditation to help you inspire being present in the moment, a still and relaxed mind, and peaceful heart.

****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.

***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.

