

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.

***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 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 Level II classes.

****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.

****Strictly Strength:** Build muscular strength in this fun class designed to challenge seasoned athletes and beginners alike. Each class is a full body workout utilizing classic moves using the barbells, kettlebells and hand weights

****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.

Class Schedule



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

www.dexterwellness.org

Effective 9/4/2018

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

	Center Hours	Kids In Motion 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
	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 substitution at any point in time.

Thank you for your understanding.

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 Mary/CS, 1 hr	**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	**Group Cycling Rachel P./CS, 1 hr **Cardio, Strength Intervals Emily B./AS, 1 hr	**Group Cycling Emily B./CS, 1 hr ***HIIT Mara/AS, 1 hr	**Group Cycling Kiya & Sara/CS, 1 hr **Barre Burn & Power Jillian/AS, 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		**Vinyasa Yoga Meg/MBS, 1 hr		**Total Body Strength & Conditioning Jen S./AS, 1 hr **Aqua Power Strength & Cardio Andrea/Susan LAP, 1 hr	
9:15AM			**Solar Flow Yoga Kiya/MBS, 1 hr				
9:30AM	**Zumba® Laura/AS, 1 hr	**PiYo® Live Jen C./AS, 1 hr	**Core Conditioning Emily B./AS 30 min	**Float for Functional Fitness Diane/WARM, 1 hr *Zumba® Gold Laura M./AS, 1 hr	**Vinyasa Yoga Roo/MBS, 1 hr **Arms & Pilates Abs Jillian/AS, 45 min		
10:00AM	**Aqua Energizer Andrea/Susan LAP, 1 hr				*Arthritis Foundation Exercise Program STARTS 9/14 Jeanette/CR, 1 hr *Aqua Energizer Lite Andrea/Susan WARM, 1 hr	**Barre Intervals Amy/MBS, 1 hr **Zumba Julie & Katherine AS, 1 hr	**Aqua Cardio Power Susan/WARM, 1 hr **Barre Intervals Amy/MBS, 1 hr
10:30AM	*Gentle Yoga Megan/MBS, 1 hr		*Pilates Level I Sara/MBS, 1 hr	**Pilates Level II Stephanie/MBS, 1 hr	*Gentle Yoga Roo/MBS, 1 hr		
11:30AM	**Aqua Yoga Diane/WARM, 1 hr		*Aquacize with Arthritis Lauren/WARM, 1 hr		*Aquacize with Arthritis Sally/WARM, 1 hr		
1:00PM				*Tai Chi (5/3-6/28) Bob/MBS, 1 hr Registration Required			
4:30PM		**Barre Intervals Express Sara/MBS, 45 min					
5:00PM				**Pilates Level I/II Sara/MBS, 1 hr			
5:30PM	***HIIT Brett/GYM, 1 hr **Vinyasa Yoga Roo/MBS, 1 hr	***Kettlebell Mara/AS, 1 hr	*Nia Megan/MBS, 1 hr ***HIIT Brett/AS, 1 hr **Aqua HIIT Rick/LAP, 1 hr	**Aqua Fit Andrea/Lauren LAP, 1 hr			
5:45PM	*Tai Chi (7/9-7/30) Kirk/AS, 45 min. Registration Required					Land classes are in GREEN Water classes are in BLUE New classes/class changes are indicated in RED 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	
6:00PM	**Group Cycling Jennifer/CS, 1 hr	**Group Cycling Cindy/CS, 1 hr		**Group Cycling Dale/CS, 1 hr **Barre & Toning Monique/MBS, 1 hr ***Kettlebell HIIT Mara/AS, 1 hr	***HIIT Katherine/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	Strictly Strength Jennifer/MBS, 1 hr	*Gentle Yoga & Guided Meditation Jeanette/MBS, 1 hr		*Stretch & Meditation Karen F./AS, 1 hr		Level Indiction: *Beginner- all levles welcome, entry level **Intermediate- most levels welcome, fitness experience and active lifestyle	

Lap Pool Availability - Effective September 5th, 2018

	Monday				Tuesday				Wednesday				Thursday				Friday							
	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4				
5:15am - 7:00am																					Master Swim 10/26-12/14			
7:00am - 7:30am																								
7:30am - 8:00am																								
8:00am - 8:30am																								
8:30am - 9:00am	Beginner/Inter. Swim 9/6-10/18, 10/25-12/3																							
9:00am - 9:30am																								
9:30am -10:00am																								
10:00am - 10:30am									Float Fusion 9/12—10/3															
10:30am - 11:00am																								
11:00am - 11:30am																								
11:30am - 12:00pm																								
12:00pm - 12:30pm																								
12:30pm - 1:00pm																								
1:00pm - 1:30pm																								
1:30pm - 2:00pm																								
2:00pm -2:30pm																								
2:30pm - 3:00pm																								
3:00pm - 3:30pm																								
3:30pm - 4:00pm																								
4:00pm - 4:30pm																								
4:30pm - 5:00pm																								
5:00pm - 5:30pm																								
5:30pm - 6:00pm																								
6:00pm - 6:30pm																								
6:30pm - 7:00pm	Float Fusion 9/10—10/1																							
7:00pm - 7:30pm																								
7:30pm - 8:00pm																								
8:00pm - 8:30pm																								
8:30pm - 9:30pm																					Center Closes at 8:00PM			

	Saturday				Sunday			
	1	2	3	4	1	2	3	4
7:00am - 9:00am								
9:00am - 9:30am								
9:30am - 10:00am								
10:00am - 11:00am								
11:00am - 11:30am								
11:30am-12:00pm								
12:00pm-12:30pm								
12:30pm-1:00pm								
1:00pm-1:30pm								
1:30pm-2:00pm								
2:00pm-2:30pm								
2:30pm-3:00pm								
3:00pm-3:30pm								
3:30pm-4:00pm								
4:00pm-4:30pm								
4:30pm-5:00pm								
5:00pm-6:00pm								

Color Key:

- Lane open
- Aqua class in session
- Family Swim & Gym time (please ask at Member Service desk about Family Swim & Gym guidelines)
- Pool closed due to specialty swim classes

Reminder to all members:
Sharing a lane with at least one other person is expected. Please do not tell other members they are not allowed to circle swim with you. If there is a lap swimmer in a lane you would like to share, for courtesy, please ask to share before entering the water.

Group Exercise Classes:
Please be aware that aquatic classes may begin adjusting equipment and/or lane markers no more than 5 minutes prior to the start of a class. Please see class instructor if you have questions.



Warm Pool Availability - Effective September 5th, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00am - 8:00am					
8:00am - 8:30am					
8:30am - 9:00am					
9:00am - 9:30am					
9:30am -10:00am					
10:00am - 10:30am					
10:30am - 11:00am					
11:00am - 11:30am					
11:30am - 12:00pm					
12:00pm - 12:30pm					
12:30pm - 1:00pm					
1:00pm - 1:30pm					
1:30pm - 2:00pm					
2:00pm -2:30pm					
2:30pm - 3:00pm					
3:00pm - 3:30pm					
3:30pm - 4:00pm					
4:00pm - 4:30pm					
4:30pm - 5:00pm					
5:00pm - 5:30pm					
5:30pm - 6:00pm					
6:00pm - 6:30pm					
6:30pm - 7:00pm					
7:00pm - 7:30pm					
7:30pm - 8:00pm					
8:00pm - 8:30pm					Center Closes at 8:00PM
8:30pm - 9:30pm					

	Saturday	Sunday
7:00am - 9:30am		
9:30am -10:00am		
10:00am - 10:30am		
10:30am - 11:00am		
11:00am - 11:30am		
11:30am-12:00pm		
12:00pm-12:30pm		
12:30pm-1:00pm		
1:00pm-1:30pm		
1:30pm-2:00pm		
2:00pm-2:30pm		
2:30pm-3:00pm		
3:00pm-3:30pm		
3:30pm-4:00pm		
4:00pm-4:30pm		
4:30pm-5:00pm		
5:00pm-6:00pm		

Color Key:

- Open
- Aqua class in session
- Family Swim & Gym time (please ask at Member Service desk about Family Swim & Gym guidelines)
- Pool closed due to specialty swim classes

