

MONDAY

12/23

7:00am **Aqua Easy Movement
Nicole L. /WARM

8:30am **Group Cycling
Brittainy H. /CS

8:30am *Cardio Strength**
Amanda S. /AS

8:30am **Aqua Power
Nicole L. /LAP

9:00am **Vinyasa Yoga Mix
Roo M. /MBS

9:30am **Zumba Gold@
Laura M. /AS

9:30am *Quick Core! (30min)
Brittainy H./GYM

9:50am *Lunar Flow Yoga Mix
Roo M. /MBS

10:00am *Aquacize with Arthritis
Nicole L. /WARM

10:40am *Gentle Yoga
Roo M. /MBS

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

6:30pm *Zumba@**
Katherine K. /AS

TUESDAY

12/24

8:00am **HIIT
Jennifer L./AS

9:30am **Yoga
Cheryl G. /MBS

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

10:30am *YIN Yoga
Cheryl G./MBS

10:30am **Cardio Strength
Kelly F. /AS

WEDNESDAY

12/25

Center CLOSED



Merry Christmas

Happy Hanukkah



THURSDAY

12/26

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

9:00am *Chair Yoga
Roo M./CR

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

11:00am *Power Flexibility
Kelly /CR

FRIDAY

12/27

7:00am *Aqua Easy Movement
Julie P. /WARM

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

8:30am *Cardio Strength**
Amanda S. /AS

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

9:15am **Aqua Power
Nicole L. /LAP

9:20am *YIN Yoga
Cheryl G. /MBS

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

10:30am *Aquacize with Arthritis
Nicole L. /WARM

SATURDAY

12/28

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

9:15am **Barre
Amy H. /AS

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

SUNDAY

12/29

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



12/30

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

7:00am **Aqua Easy Movement
Nicole L. /WARM

8:30am *Cardio Strength**
Amanda S. /AS

8:30am **Aqua Power
Nicole L. /LAP

9:30am **Zumba Gold@
Laura M. /AS

10:00am *Aquacize with Arthritis
Nicole L. /WARM

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

12/31

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

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

9:30am **Yoga
Cheryl G. /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

11:30am Stretch Core Mobility Lab
Kelly F. /AS

1/1

Center CLOSED



New Year's Day

1/2

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

7:00am Foam Roller (30 min)
Angela L./ AS

7:30am **Strength and Conditioning
Angela L. /AS

8:30am *Nia
Megan F. /MBS

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

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

9:30am *Gentle Yoga
Megan F. /MBS

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

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

11:00am *Power Flexibility
Kelly /CR

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

1/3

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

7:00am *Aqua Easy Movement
Julie P. /WARM

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

8:30am *Cardio Strength**
Amanda S. /AS

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

11:00am **Zumba@
Jessica R. /AS

5:30pm Pop-Up!
HIIT the New Year!
Jennifer L./AS

1/4

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

9:15am **Barre
Amy H. /AS

10:00 am **Zumba@
Julie M. /MBS

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

11:00am 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.

Classes are 60 minutes * unless otherwise indicated

***Please Note: Transition time is built into back to back classes. We ask that participants exit quickly so that all classes can start on time.**

1/5

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



CLASS DESCRIPTIONS:

***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 Power:** This high intensity workout combines cardio & strength building. Increase your core strength, endurance & power with the help of various techniques, buoyant dumbbells & noodles.

***Aqua Yoga:** Aqua Yoga takes place in the Warm Pool & uses the water to adapt the poses & tenets of yoga, such as breathing & awareness. Using the flow & benefits of the water, this class is a calming, peaceful, & restorative type of yoga, all fitness levels welcome.

****Barre/Barre Express:** A toning class that uses high repetitions & fuses ballet barre technique, Pilates, Yoga, & weight-training.

*****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!

****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.

***Foam Roller** This class is focused on helping you get a better stretch and increase your range of motion and mobility with the use of a foam roller.

*****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.

****Group Cycling/Cycle Express:** 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!

*****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!

*****H.I.I.T./ H.I.I.T./Express (High Intensity Interval Training):** Using bursts of high-intensity strength & cardio exercises followed by brief periods of recovery this class gives you a great workout as it elevates your heart rate and triggers your anaerobic pathways of energy production. This class will help increase endurance & strength.

*****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.

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

***Power Flexibility:** This class focuses on increasing flexibility, range of motion, balance and stabilization. All fitness levels need this class-however, being able to get up from and down to the floor is a requirement.

***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!

Stretch Core Mobility Lab- Using different props such as foam rollers, lacrosse and Bosu balls to aid in stretching, this class focuses on increasing your range of motion and flexibility, improving posture, reducing pain in sore areas as well as helping with injury and pain prevention.

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:** This style of yoga incorporates strength, balance, flexibility & cardio. Members flow through sequences of poses linked together with the breath.

****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.

***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.



CLASS SCHEDULE



2810 Baker Road, Dexter, MI 48130

Phone: 734-580-2500

www.dexterwellness.org

Effective: 12/23/24-1/5/25

Center Hours 12/23-12/29

Mon: 5:00am-8:00pm

Tues: Christmas Eve 5am-12pm

Wed: Christmas CLOSED

Thurs: 5:00am-8:00pm

Fri: 5:00am-7:00pm

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

KIM Hours 12/23-12/29

Mon: 8:00am-12:30pm

Tues & Wed: CLOSED

Thurs-Sat: 8:00am-12:30pm

Tues & Thurs: 4:00pm-7:30pm

Center Hours 12/30-1/5

Mon: 5:00am-8:00pm

Tues: New Year's Eve 5am-5pm

Wed: New Year's Day CLOSED

Thurs: 5:00am-8:00pm

Fri: 5:00am-7:00pm

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

KIM Hours 12/30-1/5

Mon: 8:00am-12:30pm

Tues & Wed: CLOSED

Thurs-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 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.