


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>6:00am ***Full Body HIIT Amanda S. /AS</p> <p>7:00am **Aqua Easy Movement Nicole L. /WARM</p> <p>8:30am **Group Cycling Brittainy H. /CS</p> <p>8:30am ***Cardio Strength Amanda S. /AS</p> <p>8:30am **Aqua Power Nicole L. /LAP</p> <p>9:00am **Vinyasa Yoga Mix Roo M. /MBS</p> <p>9:30am **Zumba Gold® Laura M. /AS</p> <p>9:30am *Quick Core! (30min) Brittainy H./GYM</p> <p>9:50am *Lunar Flow Yoga Mix Roo M. /MBS</p> <p>10:40am *Gentle Yoga Roo M. /MBS</p> <p>12:15pm *Aquacize with Arthritis Nicole L. /WARM</p> <p>6:00pm **Group Cycling Kelly F. /CS</p> <p>6:30pm ***Zumba® Katherine K. /AS</p>	<p>6:00am ***HIIT Mara G. /AS</p> <p>8:30am ***HIIT Mara G. /AS</p> <p>9:30am **Yoga Cheryl G. /MBS</p> <p>9:30am **Cardio Strength Lite! Stephanie O. /AS</p> <p>9:30am **Group Cycling Kelly F. /CS</p> <p>10:30am **Cardio Strength Kelly F. /AS</p> <p>10:30am *Pilates Level I Stephanie O. /MBS</p> <p>10:30am *Chair Yoga Joslyn S. / CR</p> <p>11:30am Stretch Core Mobility Lab Kelly F. /AS</p> <p>6:00pm **Barre Amy H. /AS</p> <p>6:30pm **HIGH Fitness Sophie J. /MBS</p>	<p>6:00am **Group Cycling (45 min) Mara G. /CS</p> <p>6:00am ***Full Body HIIT Amanda S. /AS</p> <p>7:00am **Aqua Easy Movement Nicole L. /WARM</p> <p>8:30am **Group Cycling Lauren K. /CS</p> <p>8:30am ***Cardio Strength Amanda S. /AS</p> <p>8:30am *Nia Megan F. /MBS</p> <p>9:15am **Aqua Power Nicole L. /LAP</p> <p>9:30am **Cardio Strength Lite! Stephanie O. /AS</p> <p>9:30am *Quick Core! (30min) Amanda S./GYM</p> <p>9:30am *Gentle Yoga Megan F. /MBS</p> <p>10:30am **Pilates Level II Stephanie O. /MBS</p> <p>10:30am *Aquacize with Arthritis Nicole L. /WARM</p> <p>5:00pm **Aqua Energize Rhonda C. /WARM</p> <p>5:30pm HIIT Express (45min) Jennifer L. /AS</p> <p>6:15pm **Vinyasa Yoga Rhonda C. /MBS</p> <p>6:30pm **Group Cycling Jennifer L. /CS</p> <p>6:30pm **Zumba® Laura M. /AS</p>	<p>6:00am ***Kettlebell HIIT Mara G. /AS</p> <p>7:00am **Pilates (45 min) Angela L. /AS</p> <p>7:45am **Strength & Conditioning (45 min) Angela L. /AS</p> <p>8:30am *Nia Megan F. /MBS</p> <p>8:30am ***Kettlebell HIIT Mara G. /AS</p> <p>8:30am **Group Cycling Kelly F. /CS</p> <p>9:30am *Gentle Yoga Megan F. /MBS</p> <p>9:30am **Cardio Strength Kelly F. /AS</p> <p>10:30am **Cardio Strength Lite! Stephanie O. /AS</p> <p>11:00am *Power Flexibility Kelly /CR</p> <p>6:30pm **WERQ Jessica R. /AS</p>	<p>6:00am *** Full Body HIIT Amanda S. /AS</p> <p>7:00am *Aqua Easy Movement Julie P. /WARM</p> <p>8:30am **Group Cycling Kelly F./CS</p> <p>8:30am ***Cardio Strength Amanda S. /AS</p> <p>8:30am **Yoga/Pilates Hybrid Cheryl G. /MBS</p> <p>9:15am **Aqua Power Nicole L. /LAP</p> <p>9:20am *YIN Yoga Cheryl G. /MBS</p> <p>9:30am ** Cycle Fusion Kelly F. /CS/AS</p> <p>10:30am *Aquacize with Arthritis Nicole L. /WARM</p> <p>11:00am **Zumba® Jessica R. /AS</p>	<p>8:00am **Vinyasa Yoga Rhonda C. /MBS</p> <p>8:15am ***HIGH Fitness Sophie J. /AS</p> <p>9:00am **Group Cycling Kelly F. /CS</p> <p>9:15am **Barre Amy H. /AS</p> <p>9:15am **Aqua Power Rhonda C. /LAP</p> <p>10:00 am**Zumba® Julie M. /MBS</p> <p>10:15am *Power Flexibility Kelly F. /CR</p> <p>11:00am Yoga Julie M. /MBS</p> <p>Class Locations AS: Aerobic Studio CR: Conference Room CS: Cycling Studio FF: Fitness Floor GYM: Gymnasium LAP: Lap Pool MBS: Mind Body Studio WARM: Warm/Therapy Pool</p> <p>*PLEASE NOTE: <i>Classes are 60 minutes (unless otherwise indicated) Class time includes set up and clean up time. Transition time is built into back to-back classes. We ask that participants exit quickly so that all classes can start on time.</i></p>	<p>8:30am ***HIIT Jessica H. /AS</p> <p>9:30am **Group Cycling Kelly F. /CS</p>  <p>Level Indicator (*) (**) (***) (*) Beginner All levels welcome, entry level. (**) Intermediate Most levels welcome, fitness experience & active lifestyle recommended. (***) Advanced Requires experienced fitness level and conditioned individual.</p> 
GROUP EX CLASS SCHEDULE WINTER 2025		<p>FONT COLOR KEY: BLACK = Same great classes RED = New classes and/or changes BLUE = Aqua class PINK = START/END date is different than usual schedule</p>				

CLASS DESCRIPTIONS:

***Aguacize 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 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.

***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 Circuit:** Moving through a circuit of different exercises this class incorporates dumbbells, body weight, kettlebells and more to give you a fast & furious workout with a focus on muscle toning and getting strong overall.

*****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!

***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.

****Cycling/Cycle Express:** Instructors coach you through varying speeds and resistance levels to simulate slow to fast bike paces for a challenging cardio workout with motivating music. Invigorating and fun, you will love sweating it out! You control the pace and load on the bike. This group class is filled with various levels of cycling structured to build your endurance and strength.

****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.

*****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):** This class combines bursts of high-intensity strength and cardio exercises with brief recovery periods to give you an effective, total-body

workout. By elevating your heart rate and engaging your anaerobic energy systems, this workout builds endurance, boosts strength, and enhances overall fitness. Get ready to push your limits, improve stamina, and develop both power and cardiovascular conditioning in every session. Perfect for those looking to take their fitness to the next level!

*****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.

The 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.



2810 Baker Road, Dexter, MI 48130

Phone: 734-580-2500

www.dexterwellness.org

Effective: 1/6/2025

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 guidelines to help keep classes at the highest possible standard:

*Please put personal belongings in lockers provided to keep studios free of clutter and allow room for safe for movement.

*Class time includes set up and clean up time. Transition time is built into back-to-back classes.

*Arrive on time (or a few minutes early.)

*If there is a class in session, please be courteous and wait until the class has ended before entering the studio.

*We politely ask that members leave promptly to allow the next class to start on time.

*Keep conversations in class to a minimum.

*Do not use cell phones/electronic devices during class. If you have an emergency call or text, please take it outside of the studio.

*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.

*Masks are optional.