

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY**

**AM Classes**

5:15 am <b>**Sleepwalker Circuit</b> Staff/FF (45)	6:00 am <b>***HIIT Express</b> Peter/LAR (45)	5:15 am <b>**Sleepwalker Circuit</b> Staff/FF (45)	6:00 am <b>***HIIT Express</b> Peter/LAR (45)	5:15 am <b>**Sleepwalker Circuit</b> Staff/FF (45)	7:30 am <b>**Spinning®</b> Michelle/SAR	10:10 am <b>**Spinning®</b> Dale/SAR
8:00 am <b>**Rope Burn</b> Stacy S./LAR (30)	8:00 am <b>**Pound®</b> Stacy S./LAR (30)	6:00 am <b>**Sunrise Spin®</b> Cindy/SAR (45)	8:00 am <b>**Pound®</b> Stacy S./LAR (30)	7:45 am <b>**Power Circuit Express</b> Kaitlyn/LAR (30)	8:15 am <b>**Vinyasa Yoga</b> Instructors Rotate/ LAR Heated (75)	10:15 am <b>**Vinyasa Yoga</b> Charlene & Rhonda/ LAR
8:30 am <b>*Mindful Morning</b> Yoga, Diane/CR	8:30 am <b>**Circuit Blast!</b> Sara/LAR	8:15 am <b>**Spinning®</b> Dale/SAR	8:30 am <b>**Intensity Spinning®</b> Jeanie X./SAR	8:30 am <b>**Cardio Power &amp; Strength</b> Jean D./LAR	8:30 am <b>**Spinning®</b> Michelle/SAR	
8:30 am <b>**Cardio &amp; Strength Intervals</b> , Emily/LAR	8:30 am <b>**Strength &amp; Interval Energy Zone Spin®</b> Jeanie X./SAR	8:30 am <b>**Aqua Power Deep</b> Stacy C./LAP	8:30 am <b>**Strictly Strength</b> Jean D. /LAR	8:30 am <b>**Aqua Power Deep</b> Stacy C./LAP	9:30 am <b>**Aqua Zumba®</b> Sally/LAP	
8:30 am <b>**Spinning®</b> Kari/SAR	9:30 am <b>*Step &amp; Sculpt</b> Kimmy/LAR	8:30 am <b>**Yin Yang Yoga</b> Diane/CR (75)	9:30 am <b>*Step &amp; Sculpt</b> Kimmy/LAR	8:30 am <b>**Spinning®</b> Nikki/SAR	9:45 am <b>**Cardio, Barbell &amp; Strength Power Hour</b> Michelle W./LAR	
9:30 am <b>*Pilates Level I</b> Sara/LAR	9:30 am <b>*Aqua Fit</b> Jeanne R./LAP	8:30 am <b>**Barre Intervals</b> Laura T./LAR	9:30 am <b>*Aqua Fit</b> Bonnie M./LAP	9:45 am <b>**Aqua Power</b> Jean/LAP		
9:30 am <b>*Deeper Stretch</b> Kari/CR (30)	10:30 am <b>*Stretch &amp; Strengthen</b> Kimmy/LAR (30)	9:30 am <b>*Zumba®</b> Marta/LAR	9:30 am <b>**Solar Flow Yoga</b> Natalia/CR	10:30 am <b>*Chair Yoga</b> Maureen/CR		
9:30 am <b>*Aqua Fit</b> Stacy S./LAP	10:30 am <b>*Aqua Energize</b> Jeanne R./WARM	9:30 am <b>*Aqua Energize</b> Stacy S./WARM	10:30 am <b>*Stretch &amp; Strengthen</b> Kimmy/LAR (30)	10:30 am <b>**PiYo® Live</b> Liz/LAR		
10:30 am <b>**Pilates Level II</b> Sara/LAR		10:30 am <b>**Pilates Level II</b> Stephanie/LAR	10:30 am <b>*Aqua Energize</b> Bonnie M./WARM			
10:30 am <b>**Aqua Zumba</b> Sally/LAP		10:30 am <b>*Aqua Energize Deep</b> Stacy S./WARM	11:30 am <b>*Tai Chi</b> ◇ Bob/LAR			
10:30 am <b>*Seated Stretch, Strength &amp; Stability</b> Melissa/CR		10:45 am <b>*Chair Yoga</b> Maureen/CR				



**PM Classes**

12:00 pm <b>*Afternoon Circuit</b> Staff/FF (45)	5:00 pm <b>*Mindful Movement</b> Jan & Kathy/CR	12:00 pm <b>*Afternoon Circuit</b> Staff/FF (45)	12:00 pm <b>*Chair Zumba® Gold</b> Sally/CR	12:00 pm <b>*Afternoon Circuit</b> Staff/FF (45)	<b>Level Indicator</b> <b>*Beginner</b> <i>All levels welcome, entry level.</i> <b>**Intermediate</b> <i>Most levels welcome, fitness experience and active lifestyle recommended.</i> <b>*** Advanced</b> <i>Requires experienced fitness level and conditioned individual.</i>	<b>Class Locations</b> <b>CR:</b> Conference Room <b>FF:</b> Fitness Floor <b>LAP:</b> Lap Pool <b>LAR:</b> Large Aerobic Room <b>SAR:</b> Spinning Room <b>WARM:</b> Therapy Pool
12:00 pm <b>*Aquacize with Arthritis</b> Wendy/WARM	6:00 pm <b>**Pilates Level I/II</b> Sara/CR	12:00 pm <b>*Aquacize with Arthritis</b> Wendy/WARM	12:30 pm <b>**Pound®</b> Stacy S./LAR (30)	12:00 pm <b>*Aquacize with Arthritis</b> Wendy/WARM		
4:15 pm <b>**Kettlebell Combo</b> Stacy S./LAR (45)	6:00 pm <b>**Barre Burn &amp; Power</b> Jillian/LAR	4:15 pm <b>**Kettlebell Combo</b> Stacy S./LAR (45)	1:15 pm <b>*Line Dancing</b> Sally/LAR			
5:30 pm <b>*Aqua Energize</b> Bonnie M./WARM	7:00 pm <b>*Restorative Hatha Yoga</b> , Bonnie B./LAR (75)	5:30 pm <b>*Lunar Flow Yoga</b> Roo/CR	5:30 pm <b>*Yin Yoga</b> Bonnie B./CR			
6:00 pm <b>**Spinning®</b> Carla/SAR		5:30 pm <b>*Aqua Energize</b> Nikki/WARM	5:30 pm <b>**Rope Burn</b> Michelle W./LAR (45)			
6:00 pm <b>**Solar Flow Yoga</b> Maureen/LAR		5:45 pm <b>***HIIT Express</b> Jen S./LAR (45)	6:15 pm <b>**Total Body Strength &amp; Conditioning</b> Michelle W./LAR			
		6:00 pm <b>**Strength &amp; Interval Energy Zone Spin®</b> Jeanie X./SAR				

**Registration & Ticketing**  
◇ **Registration Required** ◇  
*Register at the Member Service Desk.*

◆ **Ticketed Class** ◆  
*A ticket can be picked up 30 minutes before class at the Fitness Desk. One ticket per person.*

## CLASS DESCRIPTIONS

**\*Afternoon Circuit:** A circuit based, total body workout appropriate for all fitness levels.

**\*Aqua Energize/\*Aqua Energize Deep:** A lower intensity water workout that incorporates strength and toning exercises while helping to build endurance and energy. This class focuses on core strength, balance and flexibility. The “Deep” class takes place in the deep end of the therapy pool.

**\*Aqua Fit/\*AquaFit Express:** An active aquatic conditioning and toning class that combines cardiovascular and strength training for a total body workout. Feel great and have fun in this challenging water class!

**\*\*Aqua HIIT:** This dynamic Aqua class uses intervals to elevate heart rate in both aerobic and anaerobic heart rate zones. Increase endurance and strength – it’s a fast and furious workout!

**\*\*Aqua Power/\*\*Aqua Power Deep:** This high intensity workout will cover both cardio and strength building. Increase your core strength, endurance and power with the help of various techniques, buoyant dumbbells and noodles. The “Deep” class takes place in the deep end of the lap pool.

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

**\*\*Aqua Zumba@:** A dance-based and challenging water workout that is cardio-conditioning, body-toning, and exhilarating!

**\*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.

**\*\*\*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:** An intense toning class that uses high reps and fuses ballet barre technique, Pilates, yoga, and weight-training.

**\*\*Cardio, Barbell, & Strength Power Hour:** This class combines training exercises and a variety of equipment with sustained cardio to work aerobically and condition all muscle groups.

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

**\*\*Cardio & Strength Intervals:** This class combines the use of intervals, aerobic and anaerobic heart rate zones, weights and body weight to strengthen your entire body and burn calories!

**\*Chair Yoga:** A slow paced, gentle stretch that is accessible for everybody. Relax and find your way into a moving meditation that melts away stress and brings greater comfort to the body. Suitable for people with arthritis and those unable to get on the floor without assistance.

**\*Chair Zumba@ Gold:** A modified Zumba class made just for you! Improve your flexibility, coordination and your stamina all the while having fun, and moving to oldies & current music and socializing with friends.

**\*\*Circuit Blast!:** This fun, challenging full body workout starts with cardio and is followed by a circuit of exercise stations, each working different muscle groups and using a variety of equipment.

**\*Deeper Stretch:** 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. You will work as individuals and partner up to stretch and roll out your body.

**\*Gentle Beginnings:** Increase range of motion, balance, muscle strength and overall endurance. Great for those with arthritis and fibromyalgia.

**\*\*\*HIIT (High Intensity Interval Training)/HIIT Express:** One of the best methods to boost resting metabolism rate and burn calories. This class uses intervals to increase endurance and strength as well as elevate heart rate in both aerobic and anaerobic heart rate zones.

**\*\*Intensity Spin@:** A fun and challenging cardiovascular workout that will help enhance speed, strength, and stamina. Your ride will incorporate hills, sprints and endurance intervals. If you are a beginner, please arrive 10 minutes early for proper set-up. Heart rate monitors recommended!

**\*\*Kettlebell Combo:** Kettlebell training is one of the best methods to work aerobically and 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.

**\*Line Dancing:** Line Dances are choreographed dances with a repeating series of steps that are performed in unison. Easy to learn and a great way to get exercise while having fun!

**\*Lunar Flow Yoga:** Long held poses combined with a gentle, flowing Vinyasa practice. Intensity varies.

**\*Mindful Morning Yoga:** Gently wake up your body and welcome your energy with a practice that includes slow flows and thoughtfully held poses, breath work, and mental focus.

**\*Mindful Movement:** This class will focus on increasing mobility and range of motion in the pelvis, back, shoulders, and neck, letting go of habitual contractions that can cause pain. If you have chronic pain, back pain or scoliosis this class is great for you!

**\*\*\*Pilates:** Build torso and core strength as well as increase flexibility and joint mobilization through a series of floor exercises and micro-movements. NOTE: We advise taking Level I classes to establish an understanding 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 without 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 Circuit Express:** Challenge yourself with this full body workout that uses a circuit of exercise stations with various equipment at each station.

**\*Restorative Hatha Yoga:** Postures are practiced to align, strengthen and promote flexibility in the body.

**\*\*Rope Burn:** The ultimate Circuit Training Workout. The cardio benefits of jumping rope, the muscular benefits of strength training, and the functional benefits of core training create a total body circuit.

**\*Seated Stretch, Strength & Stability:** This all levels class provides gentle mind-body movements to progressively decompress and mobilize your joints, strengthen your entire body and improve your balance while seated and standing.

**\*\*Sleepwalker Circuit:** A circuit based, total body workout appropriate for all fitness levels.

**\*\*Solar Flow Yoga:** This invigorating class starts with a gentle warm-up, slowly progresses to more challenging poses, and ends with relaxation.

**\*\*Spinning@/ Sunrise Spin@:** 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, please arrive 10 minutes early for proper set-up. Heart rate monitors recommended!

**\*Step & Sculpt:** An easy to follow, fat burning class that is perfect for all fitness levels. All movements can be done with a step or on the floor. Weights, bands, & balls are also incorporated!

**\*Stretch & Strengthen:** Strengthen and stretch all muscle groups while building endurance and flexibility. Great for all ages and abilities!

**\*\*Strength & Interval Energy Zone Spin@:** Strength zones improve cardiovascular power by blending resistance with longer distance while interval zones boost metabolism and calorie burn by incorporating bursts of speed and power with recovery periods. If you are a beginner, please arrive 10 minutes early for proper set-up. Heart rate monitors recommended!

**\*\*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

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

**\*\*Total Body Strength & Conditioning:** Strengthen your cardiovascular system, tone muscles, and increase endurance, balance, and flexibility with the use of strengthening and sculpting exercises and equipment.

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

**\*Yin Yang Yoga:** Yin Yang combines a slow flow and traditional hatha practice with a quiet meditative practice and longer holds meant to relax the deep tissues.

**\*Yin Yoga:** The cooling counterpart to Yang style (heat building vinyasa classes) this is a practice, rooted in stillness with the goal of restoring the body to greater mobility and flexibility. Poses are held for 3-5 minutes and are aimed at stretching into connective tissue, joints, and ligaments as well as helping to reverse the effects of tense habitual movement patterns and mental stress.

**\*\*Zumba@:** A fusion of Latin and International music helps 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!

# Class Schedule



14800 East Old US 12, Chelsea, MI 48118  
Phone: 734-214-0220 Fax: 734-214-0249

[www.chelseawellness.org](http://www.chelseawellness.org)

Effective: 1/24/19

<b>Center Hours</b>		<b>Kids in Motion Hours</b>	
Mon–Thurs:	5am-9:30pm	Mon–Thurs:	8-2:00pm & 3:30-8pm
Fri:	5am-8pm	Fri:	8-2pm
Sat:	7am–6pm	Sat:	8–2pm
Sun:	7am–6pm	Sun:	10–2pm

Group exercise classes are an important part of the Chelsea 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 classes.
4. Do not use cell phones/electronic devices during class.
5. Prioritize safety and health above all else.
6. Please go to your instructor with questions and comments before or after class and they will answer them to the best of their ability.

*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 weather.*

**The Chelsea Wellness Center reserves the right to make any type of change or substitution at any point. Thank you for your understanding.**