



Chelsea & Dexter Virtual Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Chelsea 9:30 am ** Pilates Level I/ II Sara S</p> <p>Chelsea 10:45 am **Chair Zumba Sally S</p>	<p>Dexter: 8:00 am **Barre Jean D</p>	<p>Dexter: 9:30 am ** Pilates Level I/ II Sara S</p>	<p>Dexter: 8:00 am **Yoga Matt C</p>	<p>Dexter: 8:00 am **Vinyasa Yoga Roo M</p> <p>Chelsea: 12:00 pm **Senior Power Sally S</p>	<p>Chelsea: 8:30 am **BODYPUMP™ Sarah V</p>
PM Classes					Sunday
<p>Dexter: 6:00 pm **Gentle Yoga Roo</p>	<p>Chelsea: 5:00 pm **BODYPUMP™ Sarah V</p>	<p>Dexter: 5:30 pm ** Metabolic Effect-Bodyweight Donna S (30Min) 6:15 pm ** Metabolic Effect-Dumbbells Donna S (30min)</p>	<p>Dexter: 2:00 pm **Crunch Time Amy (30 min) Dexter: 4:00 pm **Nia Megan F</p>	<p>Chelsea: (Starting Jan 15th) 5:00 pm **HIIT Emma</p>	

Registration required for all classes: Virtual class registration opens 5 days in advance. Register online through the member self-service portal on our website or center app. You must have access to your member self-service account and have Zoom software downloaded on your device. Please arrive on time to ensure entry into the class.

CLASS DESCRIPTIONS

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

****BODYPUMP™:** Experience the ideal workout to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. In this class, our LES MILLS™ certified group exercise instructors will lead you through scientifically-backed moves and techniques pumping out encouragement, motivation and great music.

***Chair Zumba®:** 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. Need a chair with no arms.

***Crunch Time:** This 30 minute core class utilizes many different exercise to develop strong core and burn calories.

***Gentle Yoga:** A gentle form of yoga that is slow-paced and thoughtful. Great for beginners or as a condensed restorative practice.

****Metabolic Effect:** This express class utilizes hybrid and explosive movements to transform your hormonal metabolism and achieve sustained fat burning. This high intensity strength class requires you to push hard and then rest.

***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.

****Pilates level I/II:** Build torso and core strength as well as increase flexibility and joint mobilization through a series of floor exercises and micro-movements.

****Power Yoga:** An athletic, energetic flowing practice. Invigorating and challenging. Previous Yoga experience required.

***Senior Power:** This all levels class provides dance movements and weight strengthen your joints, mobility and improve balance. Need a Chair with no arm.

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

Virtual Class Schedule January



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

www.chelseawellness.org

2810 Baker Road, Dexter, MI 48130
Phone: 734-580-2500 Fax: 885-580-2501

www.dexterwellness.org

Updated 12/29/2020

<u>Center Hours</u>	<u>KIM Hours</u>
Mon–Thurs: 5 am - 8 pm	Closed
Fri: 5 am - 7 pm	
Sat: 7 am - 1 pm	
Sun: 7 am - 1 pm	

The Chelsea 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