

**MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY                      SATURDAY                      SUNDAY**

**AM Classes**

	6:00 am <b>***HIIT Express</b> Peter/LAR (45)		6:00 am <b>***HIIT Express</b> Peter/LAR (45)		7:10 am <b>**BODYPUMP™</b> Sarah V./LAR	
8:30 am <b>**Cardio Strength</b> Emily/LAR	8:00 am <b>**Aqua Power</b> Liz M/ LAP	8:30 am <b>**Barre™</b> Liz M/ LAR	8:00 am <b>**Power Yoga</b> Matt C / V-Live-DEX	8:00 am <b>**Vinyasa Yoga</b> Roo M / V-Live-DEX	8:30 am <b>**Spinning®</b> Michelle/ SAR	10:10 am <b>**Spinning®</b> Dale/ SAR
8:30 am <b>**Aqua Power Deep</b> Constance / LAP	8:00 am <b>**Barre</b> Jean D / V Live-DEX	9:30 am <b>**Pilates Level I/ II</b> Sara S / V-Live-DEX	8:30 am <b>**Intensity Spinning®</b> Jeanie X./ SAR	8:30 am <b>**Cardio Strength</b> Jean D./ LAR	8:30 am <b>**BODYPUMP™</b> Sarah V / V-Live-CHE	10:15 am <b>**Vinyasa Yoga</b> Charlene/LAR
9:30 am <b>** Pilates Level I/ II</b> Sara S / V Live-CHE	8:30 am <b>**Intensity Spinning®</b> Jeanie X./SAR	9:30 am <b>**BODYPUMP™</b> Sarah V./LAR	9:15 am <b>*Gentle Yoga</b> Diane M./CR	9:45 am <b>**Aqua Power</b> Jean/ LAP	9:45 am <b>**BODYPUMP™</b> Michelle W./LAR	11:30 am <b>**BODYPUMP™</b> Emma/ LAR
10:30 am <b>*Seated Stretch, Strength &amp; Stability</b> Marta/CR	9:45 am <b>*Step &amp; Sculpt</b> Kimmy/LAR	10:45 am <b>*Chair Yoga</b> Maureen T/CR	9:45 am <b>*Step &amp; Sculpt</b> Kimmy/LAR	10:30 am <b>*Chair Yoga</b> Maureen/CR		
10:30 am <b>**Pilates Level I/ II</b> Sara/LAR	10:30 am <b>*Chair Yoga</b> Jeanette B / V Live-DEX	11:30 am <b>*Zumba® Gold</b> Marta D/LAR	10:50 am <b>*Stretch &amp; Strengthen</b> Kimmy/LAR (30)	10:55 am <b>**Aqua Power</b> Jean/ LAP		
10:45 am <b>**Chair Zumba</b> Sally/ V Live- CHE	10:50 am <b>*Stretch &amp; Strengthen</b> Kimmy/LAR (30)					



**PM Classes**

12:00 pm <b>*Chair Zumba® Gold</b> Sally/ LAR		12:00 pm <b>*Circuit</b> Staff/FF (45)	12:00 pm <b>*Chair Zumba® Gold</b> Sally/LAR	12 pm <b>**Senior Power</b> Sally S / V-Live-CHE	<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> CR: Conference Room FF: Fitness Floor LAP: Lap Pool LAR: Large Aerobic Room SAR: Spinning Room WARM: Therapy Pool
	4:15 pm <b>**Kettlebell Combo</b> Stacy S./ LAR (45)	5:30 pm <b>*Lunar Flow Yoga</b> Roo/LAR	1:15 pm <b>*Line Dancing</b> Sally/ LAR			~ Classes are 60 minutes* unless otherwise indicated
	5:00 pm <b>**BODYPUMP™</b> Sarah V / V-Live-CHE	5:30 pm <b>** Metabolic Effect-Bodyweight</b> Donna S / (30) V Live-DEX	2:00 pm <b>*Crunch Time</b> Amy C / V-Live-DEX			
6:00 pm <b>**Gentle Yoga</b> Roo/ V Live- DEX	6:00 pm <b>**BODYPUMP™</b> Sarah V./ LAR	5:30 pm <b>**Aqua Power</b> Nikki F/LAP	4:00 pm <b>*Nia</b> Megan F / V-Live-DEX	5:00 pm <b>**Pound®</b> Stacy S./LAR (30)	<b>Color Key</b> <b>BLUE</b> = Aqua class <b>ORANGE</b> = Online virtual class <b>RED</b> = New classes and/or class changes	<b>Mask are Required in all Land Classes</b> <i>Mask can create high aerobic demand, please participate with caution.</i>
6:00 pm <b>**Spinning®</b> Carla/ SAR		6:00 pm <b>**Intensity Spinning®</b> Jeanie X./ SAR	5:00 pm <b>**Spinning</b> Michelle W./ LAR (45)	5:30 pm <b>**BODYPUMP™</b> Michelle W./LAR		
		6:15 pm <b>***Metabolic Effect-Dumbells</b> Donna S / (30) V-Live-DEX	6:15 pm <b>**BODYPUMP™</b> Michelle W./LAR	5:30 pm <b>***HIIT</b> Emma / V-Live-CHE		<b>Class Capacity</b> CR: 9 LAP: 10 LAR: 10 SAR: 9 WARM: No classes at this time

**Registration required for all classes:** Virtual class registration opens 5 days in advance. In center classes open 1 day 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 for virtual classes. Please arrive on time or registration is forfeited. Virtual classes are lock 10 minutes after the start of class.

## CLASS DESCRIPTIONS

**\*\*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 Zumba@:** A dance-based, safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and exhilarating.

**\*\*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. **Virtual: requires some kind of weights.**

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

**\*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. **Virtual: needs a chair with no arms.**

**\*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. **Virtual: needs a chair with no arms.**

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

**\*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.

**\*\*\*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. Please exercise with caution.

**\*\*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.

**\*\*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. **Dumbbell class requires some kind of weights.**

**\*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.

**\*\*Pound@:** Using lightly weighted drumsticks, this class fuses cardio, conditioning, and strength training with yoga and Pilates inspired movements for a heart-pumping workout!

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

**\*Senior Power:** This all levels class provides dance movements and weight strengthen your joints, mobility and improve balance. **Virtual: needs a chair with no arms**

**\*\*Spinning@/Spinning Express@:** 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!

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

**\*\*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!

## 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:**

1. Mask is required.
2. Arrive on time (or a few minutes early.)
3. Keep conversations to a minimum.
4. 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
5. Do not use cell phones/electronic devices during class.
6. Prioritize safety and health above all else.
7. Please go to your instructor with questions and comments before or after class and they will answer them to the best of their ability.

### Virtual equipment substitutes

Some virtual class uses equipment. Below is a list of substitutes if you have them available in your home:

Weights: Back pack with books Water bottles	Yoga Belt: Belt Towel
Bender ball: Pillow	Matt: Beach towel

# January 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: 1/16/2021**

**Updated: 1/14/2021**

### Center Hours

Mon–Thurs:	5 am - 8 pm
Fri:	5 am - 7 pm
Sat:	7 am - 1 pm
Sun:	7 am - 1 pm

### KIM Hours

Closed

**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.**