



# Chelsea & Dexter Virtual Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Chelsea</b> 9:30 am <b>** Pilates Level I/ II</b> Sara S</p> <p><b>Chelsea</b> 10:45 am <b>**Chair Zumba</b> Sally S</p>	<p><b>Dexter:</b> 8:00 am <b>**Barre</b> Jean D</p> <p><b>Dexter:</b> 10:30 am <b>*Chair Yoga</b> Jeanette Brooks</p>	<p><b>Dexter:</b> 9:30 am <b>** Pilates Level I/ II</b> Sara S</p>	<p><b>Dexter:</b> 8:00 am <b>**Yoga</b> Matt C</p> <p><b>Dexter:</b> 9:30 am <b>**Core Value</b> Stephanie</p>	<p><b>Dexter:</b> 8:00 am <b>**Vinyasa Yoga</b> Roo M <i>(Last class 5/21/2021)</i></p> <p><b>Chelsea:</b> 12:00 pm <b>**Senior Power</b> Sally S</p>	<p><b>Chelsea:</b> 8:30 am <b>**BODYPUMP™</b> Sarah V</p>
PM Classes					Sunday
<p><b>Chelsea:</b> 7:15 pm <b>***HIIT Spin</b> Carla</p>	<p><b>Chelsea:</b> 5:00 pm <b>**BODYPUMP™</b> Sarah V</p> <p><b>Dexter:</b> 6:15 pm <b>**Gentle Yoga</b> Roo <i>(Last class 5/25/2021)</i></p>	<p><b>Dexter:</b> 5:30 pm <b>** Metabolic Effect</b> Donna S (30Min)</p>	<p><b>Dexter:</b> 4:00 pm <b>**Nia</b> Megan F</p>	<p><b>Chelsea:</b> 5:00 pm <b>**HIIT</b> Emma <i>(Last class 5/28/2021)</i></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. *Requires some kind of weights.*

**\*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. *Need a chair with no arms.*

**\*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.*

**\*\*Core Values:** A complete abdominal workout focusing on the core muscles of abs and back. A great way to top off your previous class or floor workout! Core Conditioning integrates additional equipment for total core muscle conditioning in addition to the abdominals.

**\*\*\*HIIT Spin:** A fun high intensity stationary bike ride. Your ride will incorporate hills, sprints and endurance intervals geared get your heart rate up and moving. *A stationary bike is required*

**\*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 equipment substitutes

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

Weights: <i>Back pack w/books</i> <i>Water bottles</i>	Yoga Belt: <i>Belt</i> <i>Towel</i>
Bender ball: <i>Pillow</i> <i>Play ground Ball</i>	Matt: <i>Beach towel</i>

# Virtual 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)

2810 Baker Road, Dexter, MI 48130  
Phone: 734-580-2500 Fax: 885-580-2501  
[www.dexterwellness.org](http://www.dexterwellness.org)

## Effective 4/12/2021

<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**