

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

*Morning/Afternoon Classes*

**8:30 am \*\*Cardio Strength**  
Jeanie X. /LAR

**9:00 am \*Gentle Yoga**  
Diane M. / CR

**9:30 am \*Seated Stretch,  
Strength & Stability**  
Marta D. /LAR

**10:30 am \*\*Chair Zumba**  
Sally S. /LAR  
Virtual & Live @CHE

**10:30 am \*Aqua Zen**  
Diane M. / WARM

**11:30 am \*\* Pilates Level I/II**  
Stephanie O. /CR  
Virtual & Live @CHE

**11:45 am \*Aquacize with Arthritis**  
Sally S. /WARM

**12:00 pm \*Circuit (45)**  
Staff /FF

**8:30 am \*\*Intensify Spinning®**  
Jeanie X./ SAR

**8:30 am \*\*Cardio Strength**  
Liz M. /LAR

**9:30 am \*\*Cardio Strength  
and Stretch Lite!**  
Marcia S. / LAR

**10:30 am \*Chair Yoga**  
Maureen T. /CR

**10:45 am \*\*Aqua Blast**  
Marcia S./ LAP

**10:30 am \*Chair Yoga**  
Jeanette B. / DEX  
Virtual & Live @DEX

**8:30 am \*\*Barre™**  
Liz M. /LAR

**8:30 am \*\* Pilates Level I**  
Stephanie O. /DEX  
Virtual & Live @DEX

**9:30 am \*Vin Yin Yoga**  
Dianna K. /CR

**10:30am \*Chair Yoga**  
Maureen T. /CR

**10:30am \*Zumba®**  
Marta D. /LAR

**10:45am \*Aqua Zumba®**  
Sally S. /LAP

**12:00pm \*Circuit (45)**  
Staff /FF

**12:00pm \*Aquacize with Arthritis**  
Sally S. /WARM

**7:00 am \*\*Strength Conditioning**  
Angela L. /LAR

**8:30 am \*\*Intensify Spinning®**  
Jeanie X./SAR

**8:30 am \*Nia**  
Megan F. /DEX  
Virtual & Live @DEX

**9:30 am \*\*Cardio Strength  
and Stretch Lite!**  
Marcia S. / LAR

**10:00 am \*Gentle Yoga**  
Maureen T. /CR

**10:45 am \*\*Aqua Blast**  
Marcia S./ LAP

**12:00pm \*Chair Zumba® Gold**  
Sally S./LAR

**1:15 pm \*Line Dancing**  
Sally S./LAR

**8:15 am \*\*Strength Express (45)**  
Jeanie X. /LAR

**9:15 am \*\*Spinning® Express (45)**  
Jeanie X. /SAR

**9:30 am \*\*Cardio Strength  
and Stretch Lite!**  
Marcia S. / LAR

**9:45 am \*\*Foam Roller (45)**  
Kari G. /CR  
Virtual & Live @CHE

**10:45 am \*\*Aqua Blast**  
Marcia S./ LAP  
~starts June 24<sup>th</sup>

**11:15 am \*\*Senior Power**  
Sally S. /LAR  
Virtual & Live @CHE

**12:00 pm \*Circuit (45)**  
Staff /FF

**12:30pm \*SplashDance**  
Sally S./WARM

**8:30 am \*\*BODYPUMP™**  
Sarah V. /LAR  
Virtual & Live @CHE  
\*\*Ends 7/2/22

**8:30 am \*\*Spinning®**  
Michelle W. /SAR

**9:45 am \*\*BODYPUMP™**  
Michelle W. /LAR

**11:30 am \*\*Aqua Power**  
Rhonda C./ LAP

**9:00 am \*\*Spinning®**  
Dale K. /SAR

**10:15am \*\*Yoga**  
Rotation /LAR



*Evening Classes*

**4:15 pm \*\*Strength Conditioning (45)**  
Stacy S./LAR

**6:00 pm \*\*BODYPUMP™**  
Sarah V./ LAR  
Virtual & Live @CHE  
\*\*Ends 6/28/22

**4:30 pm \*\*BODYPUMP™**  
Sarah V. /LAR  
\*\*Ends 6/29/22

**5:30 pm \*Lunar Flow Yoga**  
Roo M. /CR

**5:15 pm \*\*Spinning® (45)**  
Michelle W. /SAR

**6:15 pm \*\*BODYPUMP™**  
Michelle W. /LAR

**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.

~ Classes are 60 minutes\* unless otherwise indicated

**MASKS are Optional in all LAND Classes**

Mask can create high aerobic demand, please participate with caution

**Class Locations**

**CR:** Conference Room

**DEX:** Dexter Wellness Ctr.

**FF:** Fitness Floor

**LAP:** Lap Pool

**LAR:** Large Aerobic Room

**SAR:** Spinning Room

**WARM:** Therapy Pool

**Color Key**

**PURPLE=**Combination Virtual & In person Class @ CWC

**ORANGE=**Combination Virtual & In person Class @ DWC

**BLUE =** Aqua class

**RED =** New classes and/or changes

**Registration required for all Virtual 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 for virtual classes. Please arrive on time. Virtual classes are locked 10 minutes after the start of class.

## CLASS DESCRIPTIONS

**\*\*Agility Strength:** Burn calories with getting your heart up with agility base exercise. Strengthen and Tone your muscle while using weights, balls, BOSU, barbells, and other training equipment.

**\*\*Aqua Blast** is an energizing workout for members looking for a class with moderate impact. This class focuses on building your endurance, core strength, and balance by using water resistance and aqua aerobic equipment.

**\*\*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 Zen:** An aqua blend of yoga, tai chi, and Pilates to target stretching, balance, focus, relaxation and energy flow.

**\*\*Aqua Zumba@:** A dance-based, safe, challenging, water-based workout that's 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:** 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:** Strengthen and Tone your muscle while you burn calories with floor aerobics while using weights, balls, BOSU, barbells, and other training equipment.

**\*\*Cardio Strength and Stretch Lite!** A lite version of the interval-based, full body workout combining cardio, weights, Bosu, and more with a concentration of stretching muscles at the end of class.

**\*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.

**\*Foam Rolling:** 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.

**\*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!

**\*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.

**\*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.

**\*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!

**Splash Dance:** This low impact dance-based class in the warm pool is perfect for those who want to splash-splash to the beat of the music. Choreographed moves in the water provide a safe and effective workout for all ages and fitness levels. Increase mobility and balance while having a swimmingly good time!

**\*\*Strength Conditioning:** This class will work all your muscle groups with a variety of movements designed to shed and tone your body while building strength and endurance.

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

**\*\*Vin Yin Yoga:** This class is a combination of the flowing sequences of Vinyasa and the slower and meditative focus of Yin. The class will start with Vinyasa to warm the body and end with Yin giving you space to turn inward and tune into both your mind and the physical sensations of your body.

**\*\*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!

**A Note on rotating instructors: Style and pace may vary between instructors.**

## 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. Masks are optional.
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.



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

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

**Effective: 6/13/2022**

### Center Hours:

**Mon–Thurs**

5am–8pm

**Fri:**

5am–7pm

**Sat–Sun**

7am–1pm

### KIM Hours:

**Mon, Wed, Fri, Sat**

8:00am–12:30pm

**Tues, Thurs**

4:00pm–7:00pm

**Registration Required**

*90 minute increments*

**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.**