

**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 \*\*Cardio Beats**  
Sally S. /LAR

**11:30 am \*\* Pilates Level I/II**  
Stephanie O. /CR

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

**12:30 pm \*Aquacize with Arthritis**  
Sally S. /WARM

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

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

**10:00 am Power Rest**  
Dianna K. /CR

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

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

**11:30 am \*Chair Yoga**  
Maureen T. /CR

**8:30 am \*\*Barre™**  
Liz M. /LAR

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

**9:30 am BodyPump**  
Sarah V. /LAR

**10:45 am \*Chair Yoga**  
Maureen T. /CR

**10:30am \*Zumba®**  
Marta D. /LAR

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

**11:30am Free Flow Movement (30)**  
Marta D. /LAR

**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 \*\*Intensity Spinning®**  
Jeanie X./SAR

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

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

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

**9:30 am \*\*Sivananda Yoga**  
Maureen / CR

**10:45 am \*Gentle Yoga**  
Maureen T. /LAR

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

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

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

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

**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

**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

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

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

**10:45am \*\*Aqua Power**  
Rhonda C./ LAP

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

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



*Evening Classes*

**5:30 pm \*\*Sivananda Yoga**  
Maureen /LAR

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

**6:00 pm \*\*Spinning**  
Carla F. /SAR

**5:30 pm \*Aqua Power**  
Nikki F. /LAP

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

**6:00 pm \*\*Spinning**  
Jeanie X./SAR

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

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

**Level Indicator(\*) (\*\*) (\*\*\*)**  
(\*) **Beginner:** All levels welcome.  
(\*\*) **Intermediate:** Most levels welcome, fitness experience & active lifestyle recommended.  
(\*\*\*) **Advanced:** Requires experienced fitness level and conditioned individual.  
■=Registration Required:  
\* In center registration opens 1 day in advance.  
~ Classes are 60 minutes unless otherwise indicated.  
**\*PLEASE NOTE:** Transition time is built into back to back classes. We ask that participants exit quickly so that all classes can start on time.

**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

**MASKS are Optional in LAND Classes**

**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

**\*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, workout in the water that's cardio-conditioning, body-toning, & 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, & endurance for daily life.

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

**\*\*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 instructors will lead you through scientifically-backed moves and techniques pumping out encouragement, motivation and great music. *Virtual: requires some kind of weights.*

**\*Cardio Beats:** This class combines cardio exercise and drumming to the rhythm of upbeat music for a workout that is perfect for all levels of fitness. It's a fun, fast-paced way to get your heart rate up, improve your rhythm, and burn calories. Even if you typically move to the beat of your own drum, this class is for you! Stability ball and drumsticks provided!

**\*\*Cardio Strength:** This class will get your heart rate up with aerobics-based exercises designed to burn calories. It will also focus on strengthening and toning your muscles while using dumbbells, BOSU and Stability balls, barbells, and other training equipment.

**Cardio Strength and Stretch Lite!** A lite version of the full body workout combining cardio, weights, BOSU, 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. This class takes place on the Fitness Floor.

**\*Free Form Movement:** Enjoy the wonderful and free feeling of movement in a stress-free environment. Improve harmony, coordination, confidence and self-expression. Be You!

**\*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.

**Full Strength:** Focus on getting stronger in this class. All of your muscle groups will get a workout using dumbbells, BOSU and Stability balls, barbells, and other training equipment.

**\*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.

**\*Power Rest (Nidra):** Through guided relaxation the body rests while the mind remains conscious, leaving you feeling energized, rested and powerfully focused. This one hour session is equal to four hours of restful sleep. Option to bring your own pillow, blanket and eye cover.

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

**\*Senior Power:** This all levels class provides dance movements and weights to strengthen your joints, mobility and improve balance.

*Virtual: needs a chair with no arms*

**\*\*Sivananda Yoga:** This class offers a modified version of the classic Hatha yoga practice. It features a prescribed sequence of movements and postures, each followed by a brief period of rest (Savasana). This practice is accessible for all levels.

**\*\*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 is the focus of this class. Sequences of flowing poses link together breath & movement.

**\*Vin Yin:** A combination of two opposite styles of yoga. Class begins with Vinyasa, a flowing sequence of poses used to warm the muscles and build strength. Yin allows the space to turn inward while holding grounded poses to create flexibility in the ligaments and joints. You will leave feeling balanced in body and mind.

**\*Yoga:** This class uses breathing exercises, meditation and poses designed to encourage relaxation and reduce stress. Based on an ancient practice that brings together mind and body it incorporates a variety of the different styles, practices and disciplines of the teachings of Yoga.

**\*\*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.



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

**Effective: 9/6/2022**  
**Updated 11/16/2022**

### Center Hours

Mon–Thurs: 5 am - 8 pm  
Fri: 5 am - 7 pm  
Sat: 7 am - 3 pm  
Sun: 7 am - 3 pm

### KIM Hours:

**Mon, Wed, Fri, Sat**  
8:00am-12:30pm  
**Tues, Thurs**  
4:00pm-7:30pm

**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.**