



**MONDAY  
MARCH 27**

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

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

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

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

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

**11:30am**  
\*\***Cardio Beats**  
Sally S./LAR

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

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

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

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

**GROUP EXERCISE CLASS SCHEDULE**  
**Monday, March 27 – Sunday, April 2**  
**SPRING BREAK!**



**TUESDAY  
MARCH 28**

**6:00am**  
\*\***Cardio Strength**  
Stephne H./LAR

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

**8:30am**  
\*\***Cardio Strength**  
Stephne H./CR

**9:30am**  
\*\***Cardio Strength & Stretch Lite!**  
Marcia S./CR

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

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

**5:30pm**  
\*\***Pilates Level I/II**  
Ginger S./CR

**6:00pm**  
\*\***BODYPUMP™**  
Sarah V./ LAR

**6:30pm**  
\*\***Pilates 4 UR Passion**  
Ginger S./CR

**WEDNESDAY  
MARCH 29**

**8:30am**  
\*\***Barre™**  
Liz M./LAR

**9:30am**  
\*\***BODYPUMP™**  
Sarah V./LAR

**10:30am**  
\***Zumba®**  
Marta D./LAR

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

**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

**5:30pm**  
\*\***Spinning**  
Jeanie X./SAR

**THURSDAY  
MARCH 30**

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

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

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

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

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

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

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

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

**5:15pm**  
\*\* **Spinning®**  
Michelle /SAR

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

**FRIDAY  
MARCH 31**

**6:00am**  
\*\***HIIT**  
Sunshine./LAR

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

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

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

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

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

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

**5:30pm**  
**Pop-Up Fitness Class**  
**Salsa!**  
Marta D./ LAR

**SATURDAY  
APRIL 1**

**8:30am**  
\*\***BODYPUMP™**  
Sarah V./LAR  
*Virtual & Live*

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

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

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

**SUNDAY  
APRIL 2**

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

**10:15am**  
\*\***Yoga**  
Charlene D. /LAR

## 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** 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

**\*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.

**\*\*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. 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. 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!

**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)** 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

**\*/\*\*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

**\*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!

**\*\*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.

**Pilates 4 UR Passion:** This class will focus on building your core strength, increasing your flexibility & joint mobilization to enhance your performance in your favorite activity. Ride, Bike, Swim, Lift, Dance, Drum? There is Pilates for it.

**\*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

**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.

**\*Yoga:** This class uses breathing exercises, meditation and poses designed to encourage relaxation and reduce stress.

**\*\*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!

## Class Locations

**AS:** Aerobic Studio

**CHE:** Chelsea Wellness Ctr.

**CR:** Conference Room

**CS:** Cycling Studio

**LAP:** Lap Pool

**MBS:** Mind Body Studio

**WARM:** Therapy Pool



Effective: Monday, March 27-Sunday, April 2, 2023



East Old US 12, Chelsea, MI 48118

Phone: 734-2140220

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

## 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

## 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:**

\*Masks are optional.

\*Arrive on time (or a few minutes early.)

\*Keep conversations to a minimum.

\*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

\*Do not use cell phones/electronic devices during class.

\*Prioritize safety and health above all else.

\*Please go to your instructor with questions and comments before or after class and they will answer them to the best of their ability.