



GROUP EXERCISE CLASS SCHEDULE

Monday, March 25 – Sunday, March 31, 2024



MONDAY MARCH 25

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

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

9:30am
**** Barre**
Jamie W./LAR

10:00am
***Seated Stretch, Strength & Stability**
Marta D./LAR

10:30am
****Chair Zumba**
Sally S./LAR

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

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

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

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

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

TUESDAY MARCH 26

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

8:30am
****Barre Bootcamp**
Jamie W. LAR

9:30am
**** Barre**
Jamie W./LAR

9:45am
***Power Rest**
Dianna K./CR

11:00am
***Chair Yoga**
Maureen T./CR

6:00pm
****BODYPUMP™**
Sunshine T./ LAR

WEDNESDAY MARCH 27

9:00am
****Vinyasa Yoga**
Dianna K./CR

9:45am
****Yin Yoga Mix**
Dianna K./CR

10:30am
***Zumba®**
Marta D./LAR

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

10:45am
***SplashDance**
Sally S./WARM

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

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

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

4:30pm
****Kettlebell**
Sunshine T./LAR

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

THURSDAY MARCH 28

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

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

9:30am
***Aqua Yoga**
Diane M./WARM

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

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

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

4:15pm
****Z PUMP Express (45min)**
Sunshine T./ LAR

5:15pm
**** Spinning®**
Michelle /SAR

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

FRIDAY MARCH 29

6:00am
***** Speed & Agility HIIT**
Sunshine T./LAR

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

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

12:30pm
****Barre Bootcamp**
Jamie W. LAR

5:30pm
Pop-Up Class
****BODYPUMP™**
Jessica M./LAR

SATURDAY MARCH 30

8:30am
****BODYPUMP™**
Beth K./LAR

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

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

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

SUNDAY MARCH 31

8:45am
****BODYPUMP™**
Sunshine T./LAR

9:00am
****Spinning®**
Dale K./SAR

10:15am
****Yoga**
Maureen T. /LAR



CLASS DESCRIPTIONS:

****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 Yoga:** Take your practice to the water! Aqua Yoga takes place in the Warm Pool and uses the water to adapt the poses and tenets of yoga, such as breathing and awareness. Using the flow and benefits of the water, this class is a calming, peaceful, and restorative type of yoga, all fitness levels welcome.

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

***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.

Barre Bootcamp: Lift & sweat in this bootcamp style class that improves cardiovascular conditioning & functional strength using heavy weights, resistance bands & High Intensity Interval Training. This class leads you through a variety of circuits to build muscle, increase bone density, and improve your ability to perform functional, everyday movements like hip hinges, squats, and lunges.

****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

***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.

***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.

***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.

***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

****Kettlebell:** Kettlebells offer a different kind of training using dynamic moves that will increase strength, balance, agility & cardio endurance.

***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!

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

****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

*****Speed & Agility HIIT** This class focuses on improving speed and agility using intervals to increase strength and endurance while elevating the heart rate.

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.

***Yin Yoga Mix:** Focus is on the body's deep connective tissues, the ligaments, fascia and joints. By holding grounded poses, flexibility, mobility and body awareness are improved. Class may include stretching, guided meditation or foam roller.

***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!

****Z Pump Express:** This is a whole-body strength training class set to great music and designed for our GenZ members

Class Locations

CR: Conference Room

FF: Fitness floor

LAP: Lap Pool

LAR: Large Aerobic Studio

SAR: Spinning 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

Center Hours:

Mon–Thurs

5am–9pm

Fri:

5am–8pm

Sat–Sun

7am–5pm

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.