

| TIME             | CLASS TYPE | CLASS                      | LOCATION         | INSTRUCTOR |
|------------------|------------|----------------------------|------------------|------------|
| <b>MONDAY</b>    |            |                            |                  |            |
| 6:45 AM          | C          | Cycle-30                   | Studio 4         | Guy        |
| 7:30 AM          | MB         | Reiki Yoga                 | Studio 3         | Regina     |
| 12:00 PM         | AA         | Golden Sneakers Total Body | Basketball Court | Dodi       |
| 5:30 PM          | HS         | Amazing Arms               | Studio 5         | Tom        |
| 6:00 PM          | HS         | Abs Xpress                 | Studio 5         | Tom        |
| 6:15 PM          | HS         | Turf30                     | Fitness Center   | Jes        |
| 6:30 PM          | Z          | Zumba™                     | Big Apple        | Preeti     |
| 6:30 PM          | MB         | All Levels Yoga            | Studio 3         | Stacy      |
| 6:30 PM          | C          | Cycle-30                   | Studio 4         | Tom        |
| <b>TUESDAY</b>   |            |                            |                  |            |
| 7:00 AM          | HS         | Body Burn 30               | The Arena        | Brynne     |
| 8:00 AM          | HS         | TRX Kettlebell Combo       | The Arena        | Brynne     |
| 9:00 AM          | MB         | Body Stretch               | Studio 3         | Sarah      |
| 10:00 AM         | Z          | Cardio Dance               | Studio 3         | Monica     |
| 10:00 AM         | AA         | Tread30                    | Fitness Center   | Jes        |
| 11:00 AM         | AA         | Aquafit                    | Adult Pool       | Susan/Jes  |
| 12:00 PM         | AA         | Golden Sneakers TRX        | The Arena        | Guy        |
| 5:30 PM          | HS         | Low Impact Aerobics        | Studio 5         | Margot     |
| 6:00 PM          | AA         | Aquafit                    | Adult Pool       | Shawn      |
| 6:05 PM          | HS         | Body Blast                 | Studio 5         | Tom        |
| 6:30 PM          | MB         | Stretch & Restore          | Studio 3         | Regina     |
| <b>WEDNESDAY</b> |            |                            |                  |            |
| 7:00 AM          | HS         | Body Strong                | Studio 5         | Sarah      |
| 10:00 AM         | MB         | Vinyasa Yoga               | Studio 3         | Heather    |
| 11:00 AM         | AA         | Aquafit                    | Adult Pool       | Guy        |
| 11:05 AM         | MB         | Mat Pilates                | Studio 3         | Dodi       |
| 5:50 PM          | MB         | Body Stretch               | Studio 3         | Guy        |
| 6:00 PM          | HS         | Body Burn TRX              | The Arena        | Jes        |
| 6:30 PM          | MB         | Mat Pilates                | Studio 3         | Guy        |
| 7:20 PM          | MB         | All Levels Yoga            | Studio 3         | Francesca  |

| TIME            | CLASS TYPE | CLASS                              | LOCATION         | INSTRUCTOR   |
|-----------------|------------|------------------------------------|------------------|--------------|
| <b>THURSDAY</b> |            |                                    |                  |              |
| 7:00 AM         | MB         | Sunrise Flow                       | Studio 3         | Francesca    |
| 8:00 AM         | HS         | TRX Kettlebell Combo               | The Arena        | Brynne       |
| 9:00 AM         | MB         | Body Stretch                       | Studio 3         | Sarah        |
| 9:30 AM         | AA         | Tread30                            | Fitness Center   | Jes          |
| 10:00 AM        | Z          | Cardio Dance                       | Studio 3         | Monica       |
| 10:00 AM        | HS         | Turf30                             | Fitness Center   | Jes          |
| 11:00 AM        | AA         | Aquafit                            | Adult Pool       | Susan        |
| 12:00 PM        | AA         | Golden Sneakers Mobility & Stretch | Studio 3         | Shawn        |
| 5:30 PM         | HS         | Amazing Arms                       | Studio 5         | Tom          |
| 6:05 PM         | HS         | Step 30                            | Studio 5         | Margot       |
| 6:30 PM         | C          | Cycle-45                           | Studio 4         | Amy          |
| 6:40 PM         | HS         | BGX                                | Studio 5         | Tom & Margot |
| <b>FRIDAY</b>   |            |                                    |                  |              |
| 7:00 AM         | MB         | Upbeat Yoga                        | Studio 3         | Jamie        |
| 8:30 AM         | HS         | Body Burn 20                       | Basketball Court | Sarah        |
| 9:30 AM         | MB         | Body Stretch                       | Studio 3         | Alaina       |
| 11:00 AM        | AA         | Aquafit                            | Adult Pool       | Alaina       |
| 5:30 PM         | MB         | Reiki Yoga                         | Studio 3         | Regina       |
| <b>SATURDAY</b> |            |                                    |                  |              |
| 9:00 AM         | MB         | Hatha Yoga                         | Studio 3         | Jamie        |
| 9:00 AM         | C          | Cycle-45                           | Studio 4         | Alisa        |
| 10:00 AM        | HS         | Body Strong                        | Studio 5         | Brittanie    |
| 11:00 AM        | HS         | Core Strong                        | Studio 5         | Brittanie    |
| <b>SUNDAY</b>   |            |                                    |                  |              |
| 7:00 AM         | MB         | Vinyasa Yoga                       | Studio 3         | Regina       |
| 9:00 AM         | MB         | Gentle Flow Yoga                   | Studio 3         | Kayla        |
| 9:15 AM         | AA         | Tread30                            | Fitness Center   | Jes          |
| 9:45 AM         | HS         | Turf30                             | Fitness Center   | Shawn        |
| 10:00 AM        | AA         | Aqua Dance                         | Adult Pool       | Monica       |
| 10:15 AM        | HS         | Dumbbell Sculpt                    | Studio 5         | Susan        |
| 5:30 PM         | MB         | Yang Yoga                          | Studio 3         | Francesca    |
| 6:30 PM         | MB         | Yin Yoga                           | Studio 3         | Francesca    |

# CLASS SCHEDULE

For more information please reach out to our Group Exercise Director:  
*Jes Brown at JesB@DedhamHealth.com*



Dedham Health & Athletic Complex • [Healthclub.DedhamHealth.com/schedule](http://Healthclub.DedhamHealth.com/schedule)

| CLASS TYPES |                 |
|-------------|-----------------|
| HS          | HIIT & STRENGTH |
| C           | CYCLE           |
| MB          | MIND & BODY     |
| Z           | ZUMBA & DANCE   |
| AA          | ACTIVE AGING    |



SCAN FOR WEBSITE

**ADVANCED SIGN UP IS REQUIRED for ALL classes. You can do this online or at the front desk. Sign-ups will be open 24 hours in advance.**

## HIIT & STRENGTH

**AMAZING ARMS:** Because who DOESN'T want those?! Using dumbbells and barbells, your arms will be tank top ready after taking this class. Define your bi's, tri's and delts in this 30-minute class.

**ABS X-PRESS:** This 20-minute class will tighten your stomach, shape your obliques, and incorporate lower back work and a blast of cardio for that total body burn!

**BGX:** Butts & Guts Xpress is 30 minutes of hard-core booty-blasting work combined with abdominal moves to firm that midsection and lift your glutes!

**BODY STRONG:** This 60-minute workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls.

**BODYBLAST:** Burn it off and tone it up! This class offers a different focus each time. Using steps, barbells, dumbbells, and floor work, your body will be blasted with strength, cardio, and core work. This class is 45 minutes.

**BODY BURN 20/30:** In this HIIT-inspired workout, be prepared to challenge your body! Using mostly body-weight exercises with light weights, your body will be pushed to its limit. Adaptable for all ability levels, step out of your comfort zone and get ready to work. Try the TRX® version of this class to get a full body burn!!

**CORE STRONG:** This 20-minute core class is for everyone! Get shredded with exercises for your abs & obliques and strengthen your lower back. This class has it all while being quick and effective!

## Class Descriptions

**DUMBBELL SCULPT:** This is a 60-minute strength class that is guaranteed to burn calories with a full body routine using dumbbells and bodyweight exercises.

**LOW IMPACT AEROBICS:** A workout that is high intensity cardio yet LOW impact! You will get a great aerobic workout all while being able to control the intensity based on YOUR fitness level. You will raise your heart rate, burn fat, and have no stress on your joints!

**STEP:** We are bringing back this classic cardio workout that will deliver results! Raise your heart rate, strengthen your muscles, and have an immeasurable amount of fun doing it! You can adjust the step height to your liking and go as hard or as easy as you desire.

**TRX® CLASSES:** TRX® suspension training leverages gravity and your bodyweight to perform exercises. Get stronger, leaner, and challenge your core! This class is 30 minutes. For an extra muscle burn, try our TRX® Kettlebell Combo where you will incorporate kettle bells for total body strength.

**TURF30:** Experience total body training with a different focus each week. Our new athletic style conditioning will improve your speed, agility, power, strength and more! These classes are 30 minutes.

## CYCLE

**CYCLE 30/45:** The number represents the length of the class! With 2 class length options and some amazing instructors, you will definitely find your fit! Burn calories, sweat, and cycle your way to better health as you are guided through the ride of a lifetime!

## MORE CYCLE CLASSES TO COME IN 2024

## MIND & BODY

**BODY STRETCH:** 30 minutes of total body stretching to help reduce pain and foster joint mobility. We will also incorporate body weight core exercises to strengthen your abs and low back.

**HATHA YOGA:** Postures will be practiced to align, strengthen, and promote flexibility in your body. You can expect emphasis on simplicity, repetition, and ease of movement. Full body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, back bends, forward folds, and hip openers. Breathing techniques and various types of meditation are also integrated. All levels are welcome.

**GENTLE FLOW YOGA:** Learn, execute, and practice yoga poses and techniques without having to turn into the proverbial yoga pretzel. Chairs are available in the studio. This class is 60 minutes.

**MAT PILATES:** Lean out your physique through proper body alignment and balance. You will use your body-weight and be guided through proper breathing and muscle recruitment to safely achieve optimal strength, flexibility, and endurance without adding bulk. This class is 45 minutes.

**REIKI YOGA:** All levels are welcome to experience the restorative effects of yin yoga combined with the ancient healing modality of reiki. Yin yoga is slow paced using simple seated or reclined poses and breathing to access deeper levels of your body and mind. This 60-minute class is infused with reiki energy to enhance balance, wellness and stress relief.

**STRETCH & RESTORE:** Connect your mind and body through your breath! Class begins with gentle floor based movements to anchor your attention and get stagnant energy moving. Explore poses to gently stretch

and restore energy. Class includes hands on adjustments for those comfortable with touch. We will explore different types of meditation from simple breathing techniques to mantras and everything in between. All levels welcome

**SUNRISE FLOW:** This fusion yoga class will guide you through traditional yoga poses, all while incorporating Pilates and tai-chi based movements. This class is 50 minutes

**UPBEAT YOGA:** A 60-minute energizing yoga class set to upbeat, feel-good music. Flow from one pose to another, using the breath to unite the mind and body. This class is meant to build strength, balance, and flexibility. All levels are welcome!

**VINYASA YOGA:** Vinyasa yoga connects movement to breathe through sequences of yoga poses and sun salutations designed to stretch and strengthen the entire body. Each class includes breathing exercises, standing postures and floor based stretching, ending with savasana. This class is 60 minutes.

**YANG YOGA:** This powerful yoga class is designed to challenge, strengthen, and invigorate the body and the mind.

**YIN YOGA:** This is a slow paced, meditative class featuring longer postural holds. All poses are done down on the mat and are held for a few minutes to target the deeper tissues & fascia. This results in increased flexibility and mobility. With more time spent in each pose to work through and release tension and suppressed emotions, you will leave class feeling mentally and physically lighter. Come to yin to breathe, feel, release, find

## ZUMBA & DANCE

**CARDIO DANCE:** Get your cardio while dancing to a variety of music. A total body workout with good energy, good music, and good times.

**ZUMBA™:** Join the party! This 60-minute class is designed to bring people together to sweat it on! Enjoy Latin and world rhythms as you combine all the elements of fitness for an amazingly good time, a super effective workout, and a crazy boost of energy!

## ACTIVE AGING

**AQUAFIT:** Aquatic-based exercises that focus on toning your muscles and burning calories all while minimizing the stress on your joints! Weekday morning classes will use the entire adult lap pool, while evening classes use two lanes. This class is 45 minutes.

**AQUA DANCE:** Let loose dancing in the water with this joint-friendly cardio workout. Great energy but low impact and a nice variety of music.

**GOLDEN SNEAKERS MOBILITY & STRETCH:** Try out all three versions of this 45-minute class: Total body

will surprise you each time with cardio, strength, and flexibility. TRX will introduce you to the TRX suspension trainer and focus on total body and core work. Mobility & Stretch combines body weight training with a variety of flexibility exercises for a comprehensive full body mobility workout. All formats are ideal for beginners to exercise.

**TREAD30:** A 30-minute treadmill class designed for all levels. Work up a sweat to upbeat music during your uphill journey.