

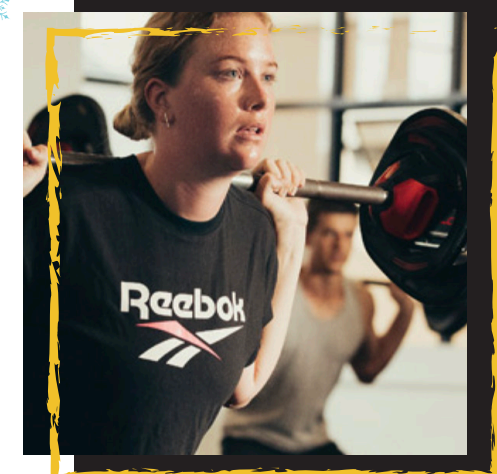
GROUP X WINTER CLASS SCHEDULE

FITNESS CLASSES BROUGHT TO YOU BY DEDHAM HEALTH™
Athletic Complex

To sign up for classes visit groupx.dedhamhealth.com. For more information, contact our Group Exercise Director, Jessica Tarbox, at jessica.tarbox@dedhamhealth.com.

TIME	CLASS	LOCATION	INSTRUCTOR
MONDAY			
6:45am - 7:15am	Cycle	Studio 4	Guy
7:30am - 8:30am	Reiki Yoga	Studio 3	Regina
12:00pm - 12:45pm	Golden Sneakers Total Body	Basketball Court	Dodi
5:00pm - 6:00pm	Yin Restore Yoga (starts 1/6)	Studio 3	Stephanie
5:30pm - 6:00pm	Amazing Arms	Studio 5	Tom
6:00pm - 6:30pm	Abs Xpress	Studio 5	Tom
6:15pm - 6:45pm	Turf Circuit	Fitness Center	Josh
6:30pm - 7:00pm	Cycle	Studio 4	Tom
6:30pm - 7:30pm	Cardio Dance	Downtown Stage	Monica
6:30pm - 7:30pm	All Levels Yoga (starts 1/6)	Studio 3	Ewelina
TUESDAY			
7:00am - 7:30am	Body Burn	The Arena	Brynne
8:00am - 8:30am	TRX Kettlebell Combo	The Arena	Brynne
8:30am - 9:00am	Cycle	Studio 4	Alli
9:00am - 9:30am	Body Stretch	Studio 3	Sarah
10:00am - 11:00am	Zumba™	Studio 3	Preeti
11:00am - 11:45am	AquaFit	Adult Pool	Alli/Susan
12:00pm - 12:45pm	Golden Sneakers TRX	The Arena	Guy
5:30pm - 6:00pm	Low Impact Aerobics	Studio 5	Margot
6:00pm - 6:45pm	AquaFit	Adult Pool	Jessie
6:05pm - 6:50pm	Body Blast	Studio 5	Tom
6:30pm - 7:30pm	Stretch & Restore	Studio 3	Regina
WEDNESDAY			
7:00am - 8:00am	Body Strong	Studio 5	Sarah
8:00am - 8:45am	All Levels Yoga	Studio 3	Kristen
10:00am - 11:00am	Vinyasa Yoga	Studio 3	Heather
11:00am - 11:45am	AquaFit	Adult Pool	Guy
11:05am - 11:50am	Mat Pilates	Studio 3	Dodi
4:00pm - 4:30pm	Body Stretch	Studio 3	Alli
5:50pm - 6:20pm	Body Stretch	Studio 3	Guy
6:00pm - 7:00pm	Cardio Dance	Downtown Stage	Preeti
6:15pm - 6:45pm	Turf Circuit	Fitness Center	Josh
6:30pm - 7:15pm	Mat Pilates	Studio 3	Guy
7:20pm - 8:05pm	Slow Flow Yoga	Studio 3	Francesca

TIME	CLASS	LOCATION	INSTRUCTOR
THURSDAY			
7:00am - 7:45am	Sunrise Flow	Studio 3	Francesca
7:30am - 8:00am	Lower Body Sculpt Xpress	Studio 5	Alli
8:00am - 8:30am	TRX Kettlebell Combo	The Arena	Brynne
8:30am - 9:15am	Cycle & Sculpt	Studio 4	Jessie
9:00am - 9:30am	Body Stretch	Studio 3	Sarah
9:30am - 10:00am	Tread30	Fitness Center	Alli
11:00am - 11:45am	AquaFit	Adult Pool	Susan
12:15pm - 1:00pm	Golden Sneakers Mobility & Stretch	Studio 3	Alli
5:30pm - 6:00pm	Amazing Arms	Studio 5	Tom
6:00pm - 7:00pm	All Levels Yoga	Studio 3	Stacy
6:05pm - 6:50pm	Step	Studio 5	Margot
6:30pm - 7:15pm	Cycle	Studio 4	Amy
FRIDAY			
8:30am - 8:50am	Body Burn	Basketball Court	Sarah
9:00am - 9:30am	Cycle	Studio 4	Jessie
9:30am - 10:00am	Body Stretch	Studio 3	Alaina
11:00am - 11:45am	AquaFit	Adult Pool	Alaina
5:30pm - 6:30pm	Reiki Yoga	Studio 3	Regina
SATURDAY			
8:15am - 8:45am	Body Stretch	Studio 3	Alli
8:30am - 9:15am	Lower Body Sculpt	Studio 5	Jessie
9:00am - 9:45am	Cycle	Studio 4	DHAC Instructor
9:00am - 9:50am	Power Flow Yoga (starts 1/11)	Studio 3	Ewelina
10:00am - 10:45am	AquaFit	Adult Pool	Rachel
10:00am - 11:00am	Body Strong	Studio 5	Brittanie
11:00am - 11:20am	Core Strong	Studio 5	Brittanie
12:00pm - 12:45pm	Barre	Studio 3	Jessica W
SUNDAY			
7:00am - 8:00am	Yoga Sculpt	Studio 3	Regina
8:15am - 8:45am	Stretch & Restore	Studio 3	Regina
9:45am - 10:15am	Turf Circuit	Fitness Center	Josh
10:00am - 10:45am	Aqua Dance	Adult Pool	Monica
10:00am - 11:00am	Gentle Flow Yoga	Studio 3	Kayla
10:15am - 11:15am	Dumbbell Sculpt	Studio 5	Susan
5:30pm - 6:30pm	Vinyasa Yoga	Studio 5	Francesca
6:30pm - 7:30pm	Yin Yoga	Studio 5	Francesca



GROUP X GUIDELINES

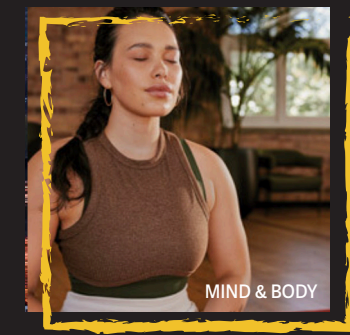
Advanced sign-up is required for all classes. You can do this online or at the front desk. Sign-ups are open 24 hours prior to the start of class.

You must be at least 14 years old to participate in Group X. (16+ for aquatic classes)

Please refrain from wearing fragrances in the studios

Please clean equipment after use.

Schedule is subject to change. Changes will be posted on the Group X table, online, and through social media.



ONE BODY. ONE MIND. ONE LIFE.

CLASS CATEGORIES & DESCRIPTIONS

At Dedham health our professional instructors are dedicated to delivering quality classes to help you reach your fitness goals. We strive to provide a welcoming, motivating and safe environment. Each instructor will offer modifications and progressions to accommodate all fitness levels and abilities.

CARDIO CLASSES

Our cardio classes are designed to elevate your heart rate through various aerobic exercises. We offer a variety of fun, heart pumping workouts such as cycling, water-based classes, step, treadmill, dance, HIIT and more! The goal is to improve cardiovascular fitness, endurance, and overall health through sustained, rhythmic movements. These classes cater to all fitness levels.

Aqua Dance: This 45-minute water-based dance class uses the water's natural resistance enhances the effectiveness of each move, helping to improve strength, flexibility, and cardiovascular health while minimizing impact on your joints. Great for all ages and levels!

Aquafit: This 45-minute class is water-based and incorporates total-body exercises that focus on toning and strengthening your muscles and minimize stress on your joints. Great for all ages and levels!

Body Burn: This class is either 20 or 30 minutes. A HIIT-inspired workout aimed to challenge the entire body using mostly body-weight exercises and light weights. All ability levels are invited to join.

Cardio Dance: This 60-minute class is a full-body dance workout aimed to increase your cardio while listening to upbeat music!

Cycle 30: This 30-minute cycle class combines high-intensity intervals with powerful climbs and sprints and is designed to work the total body, increase endurance, enhance cardiovascular endurance, and build strength.

Cycle 45: This 45-minute cycle class combines high-intensity intervals with powerful climbs and sprints and is designed to work the total body, increase endurance, enhance cardiovascular endurance, and build strength.

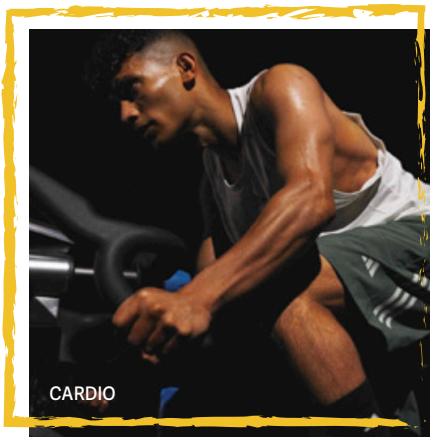
Cycle and Sculpt: This 45-minute class gives you the same workout as a Cycle 30 or 45 with the addition of an upper body workout with weights. This class will target your heart, lungs, strengthen and sculpt the upper and lower body, and core.

Low Impact Aerobics: This 30-minute class is low impact with a high intensity cardio component that's sure to get your heart pumping and burn fat with less stress on your joints! Move at your own pace and intensity!

Step: Your favorite 1980s and 1990s workout revamped! This 45-minute class raises your heart rate and strengthens your muscles with just a step and risers!

Tread 30: This 30-minute treadmill class uses various intervals designed to increase your endurance and strengthen your heart and muscles. Designed for all levels.

Zumba: This 60-minute dance class incorporates Latin and international music and choreography designed to increase your cardio while you have fun!



STRENGTH CLASSES

Strength classes are designed to enhance muscular endurance and strength through various exercises. Participants engage in structured routines that include weightlifting, bodyweight movements, and functional training. We offer a variety of strength building classes including core, arms, lower body sculpt, total body, TRX, and Turf. These classes cater to all fitness levels, promoting muscle growth, improving posture, and increasing overall physical resilience.

Abs X-press: A 20-minute workout designed to sculpt and shape your torso, strengthen your lower back, and increase your heart rate with bursts of cardio for a total body burn!

Amazing Arms: A 30-minute workout focused on defining your biceps, triceps, and deltoids using dumbbells and barbells.

Body Blast: A 45-minute full-body workout focusing on different parts of the body each time with various equipment. Your body will be blasted with strength, cardio and core work every time!

Body Strong: A 60-minute full-body workout that challenges all the major muscle groups by using a variety of dynamic exercises and equipment.

Core Strong: A 20-minute workout for all levels and abilities geared towards sculpting and strengthening your abs and lower back.

Dumbbell Sculpt: A 60-minute full-body strength workout guaranteed to burn calories using dumbbells and bodyweight exercises.

Golden Sneakers Total Body: This 45-minute workout incorporates body weight exercises and functional movements while socializing and having fun!

Golden Sneakers TRX: This 45-minute utilizes the TRX suspension trainer emphasizing the core and full-body exercises

Lower Body Sculpt/Lower Body Sculpt Xpress: Tone and strengthen your legs through various exercises with weights, bands, and a core finisher with this 45-minute workout!

TRX Kettlebell Combo: This 30-minute class uses both TRX suspension training and kettlebells for a total-body strength workout.

Turf Circuit: This 30-minute class is a full-body conditioning workout aimed to improve your speed, agility, power, strength and more! You will use a variety of equipment.

MIND & BODY CLASSES

Mind and body classes focus on harmonizing mental and physical well-being through integrated practices such as yoga, Pilates, and mindfulness exercises. These sessions emphasize breathing techniques, flexibility, and core strength while promoting relaxation and stress reduction. Ideal for all fitness levels, they aim to enhance overall health, balance, and inner peace.

All Levels Yoga: Join us for a grounded yoga practice designed to meet you wherever you are on your yoga journey. This 60-minute class blends breath with movement, offering modifications and variations so that everyone can find ways to drop into their body and flow. We'll move through a well-rounded sequence with moments of stillness and meditation to center the mind and connect with your inner calm.

Barre: This 45-minute low-impact class will strengthen your whole body while increasing both flexibility and endurance! Expect to use a variety of equipment such as balls, bands, weights, and the ballet barre while enjoying a fun and varied playlist. All levels welcome.

Body Stretch: This 30-minute stretch can help reduce pain and foster joint mobility as well as strengthen abs and lower back.

Gentle Flow Yoga: This 60-minute class focuses on gentle stretches, deep breathing, and mindful movements. Ideal for beginners or those seeking a slower pace, you will enjoy a slow-paced practice designed to ease tension and promote relaxation.

Golden Sneakers Mobility and Stretch: This 45-minute total-body class combines body-weight training with a variety of flexibility exercises geared towards increasing mobility. All levels welcome.

Mat Pilates: This 45-minute class focuses on improving flexibility, stability, and muscle tone, using only a mat and your body. This class emphasizes proper alignment and breath control, helping you build a strong, balanced core while enhancing overall posture and coordination. Perfect for all fitness levels.

Power Flow Yoga: This 50-minute class is a dynamic and energizing yoga practice that blends strength, flexibility, and endurance. This class focuses on flowing sequences, breath control, and mindful movement to build muscle tone, increase flexibility, and improve overall stamina. Designed for all levels. Expect a high-energy workout that leaves you feeling strong, centered, and rejuvenated.

Reiki Yoga: This 60-minute class combines the slow paced, simple yin yoga practice with reiki energy to access deeper levels of your body and mind to enhance balance, wellness, and stress relief.

Slow Flow Yoga: This 45-minute class offers a gentle, mindful practice that focuses on fluid movements and deep breathing. With an emphasis on stretching, alignment, and relaxation, this class encourages a slower pace, allowing you to connect more deeply with your body and breath. Ideal for all levels, it promotes flexibility, strength, and a sense of inner calm, making it perfect for those seeking stress relief or a more meditative approach to yoga.

Stretch & Restore: This class connects your mind and body through your breath to stretch and restore energy. This class uses various meditation techniques and mantras. All levels welcome. Offered as a 30 minute or 45 minute class.

Sunrise Flow: This 50-minute yoga class is a refreshing morning practice designed to energize and inspire. You'll flow through a series of dynamic, fluid sequences that harmonize breath and movement, gradually building warmth and vitality. This class blends invigorating postures with moments of stillness, setting a positive tone for your day ahead. Perfect for all levels.

Vinyasa Yoga: This 60-minute class connects movement to breathe through sequences of yoga poses and sun salutations designed to stretch and strengthen the body.

Yin Yoga: This 60-minute class is a slow paced, meditative practice focused on long-held, passive postures. Yin Yoga promotes flexibility and joint mobility while encouraging a meditative state. Each pose is held for several minutes, allowing you to unwind and release tension on a profound level. Ideal for all levels.

Yin Restore Yoga: A slow-paced, meditative class that focuses on breath work while holding poses for extended periods of time. It can help release symptoms of stress, depression, anxiety and sleep disturbances.

Yoga Sculpt: This 60-minute class is a high-energy workout that blends yoga, core work, strength training and cardio to improve flexibility, tone and stamina, supporting your mind-body connection. This class is for all levels. Light weights and other props may be used optionally.