GROUP X FITNESS CLASSES CLASS SCHEDULE

TIME	CLASS	LOCATION	INSTRUCTOR
MONDAY			
6:45am - 7:15am	Cycle	Studio 4	Guy
7:30am - 8:30am	Reiki Yoga	Studio 3	Regina
8:30am - 9:30am	Bands and Beats	Studio 5	Margot
9:00am - 9:45am	Mat Pilates	Studio 3	Jes
12:00pm - 12:45pm	Golden Sneakers Total Body	Basketball Court	Dodi
5:00pm - 6:00pm	Yin Restore Yoga	Studio 3	Stephanie
5:30pm - 6:00pm	Upper Body Sculpt	Studio 5	Tom
6:00pm - 6:20pm	Core Sculpt	Studio 5	Tom
6:15pm - 6:45pm	Turf Circuit	Fitness Center	Ethan
6:15pm - 7:00pm	Heated Power Flow Yoga	Studio 3	Regina
6:30pm - 7:30pm	Cardio Dance	Downtown Stage	Monica
6:30pm - 7:15pm	Cycle	Studio 4	Tom
TUESDAY			
7:00am - 7:30am	Turf Circuit	Fitness Center	Brynne
8:00am - 8:30am	TRX Sculpt	Speed and Strength Academy	Brynne
9:00am - 9:30am	Body Stretch	Studio 3	Sarah
11:00am - 11:45am	Aquafit	Adult Pool	Kayla / Susan
12:00pm - 12:45pm	Golden Sneakers TRX	Speed and Strength Academy	Guy
5:30pm - 6:00pm	Low Impact Aerobics	Studio 5	Margot
5:30pm - 6:15pm	Barre	Studio 3	Jessica W.
6:00pm - 6:45pm	Aquafit	Adult Pool	Grace
6:00pm - 7:00pm	Zumba	Downtown Stage	Shannan
6:05pm - 6:50pm	H.I.I.T. and Sculpt	Studio 5	Tom
6:30pm - 7:30pm	Stretch and Restore	Studio 3	Regina
WEDNESDAY			
6:45am - 7:30am	Cycle and Sculpt	Studio 4	Abby
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
12:00pm - 12:45pm	Total Body Sculpt	Studio 5	Jessica W.
5:30pm - 6:15pm	Band Strength and H.I.I.T.	Studio 5	Margot
5:45pm - 6:15pm	Body Stretch	Studio 3	Guy
6:15pm - 6:45pm	Turf Circuit	Fitness Center	Ethan
6:15pm - 7:00pm	Mat Pilates	Studio 3	Guy
6:30pm - 7:15pm	Low Impact Aerobics	Studio 5	Margot

UPDATE 11/11/26

TIME	CLASS	LOCATION	INSTRUCTOR
THURSDAY			
7:00am - 7:45am	Total Body Sculpt	Studio 5	Tom
8:00am - 8:30am	TRX Sculpt	Speed and Strength Academy	Sarah
9:00am - 9:30am	Body Stretch	Studio 3	Sarah
9:30am - 10:00am	Tread and Shred	Fitness Center	Dodi
10:00am - 10:45am	Chair Yoga	Studio 3	Regina
11:00am - 11:45am	Aquafit	Adult Pool	Susan
12:15pm - 1:00pm	Golden Sneakers Mobility and Stretch	Studio 3	Kayla
5:30pm - 6:15pm	Upper Body Sculpt	Studio 5	Jessica W.
5:30pm - 6:15pm	Mat Pilates	Studio 3	Brittanie M.
6:30pm - 7:15pm	Barre	Studio 3	Jessica W.
6:30pm - 7:15pm	Cycle	Studio 4	Amy
FRIDAY			
8:30am - 8:50am	H.I.I.T. and Sculpt	Speed and Strength Academy	Sarah
9:00am - 9:30am	Cycle	Studio 4	Brittany V.
10:00am - 10:30am	Body Stretch	Studio 3	Jared
11:00am - 11:45am	Aquafit	Adult Pool	Grace
12:00pm - 12:45pm	Golden Sneakers TRX	Speed and Strength Academy	Kayla
5:30pm - 6:30pm	Reiki Yoga	Studio 3	Regina
6:00pm - 6:45pm	Total Body Sculpt	Studio 5	Jessica W.
SATURDAY			
9:00am - 9:45am	Cycle	Studio 4	Margot/ Grace
9:00am - 9:50am	Power Flow Yoga	Studio 3	Ewelina
9:30am - 10:30am	Zumba	Downtown Stage	Shannan
10:00am - 10:45am	Aquafit	Adult Pool	Rachel
10:15am - 11:00am	Barre	Studio 3	Jessica W.
SUNDAY			
9:00am - 9:45am	Mat Pilates	Studio 3	Jes
9:30am - 10:00am	Turf Circuit	Fitness Center	Susan
10:00am - 10:45am	Aqua Dance	Adult Pool	Monica
10:00am - 11:00am	Gentle Flow Yoga	Studio 3	Christine
10:15am - 11:15am	Total Body Sculpt	Studio 5	Susan
4:30pm - 5:15pm	Cycle and Sculpt	Studio 4	Brittany V.
5:30pm - 6:30pm	Reiki Yoga	Studio 3	Regina

GROUP X CLASS REGISTRATION

To sign up for classes visit **groupx.dedhamhealth.com**.
For more information, contact Sarah at sarahc@dedhamhealth.com

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 refrain from texting or taking calls during classes. Please put phones on silent or vibrate before classes begin. If there is an emergency, please take the call outside of the studio in order to not disrupt the class.

Please clean equipment after use.

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

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GROUP X FITNESS CLASSES

BROUGHT TO YOU BY DEDHAM HEALTH & Athletic Complex

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 water-based dance class uses the water's natural resistance to increase strength, flexibility, and cardiovascular health while minimizing impact on your joints. Great for all ages!

Aquafit: This water-based aerobics class combines total-body exercises with pool noodles and water weights, focusing on toning and strengthening your muscles while minimizing stress on your joints. All ages welcome!

Bands and Beats: This class is a low impact, joint friendly aerobics class mixed with resistance bands. Designed to get your heart pumping with no pounding on your joints, you are sure to move, sweat, and sculpt your body!

Band Strength and H.I.I.T: Boost your strength and endurance in this fast-paced, full-body workout that combines resistance band training with high-intensity interval bursts

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

Cardio Kickboxing: A high-energy, full-body workout combining kickboxing techniques and cardio intervals. Build strength, endurance, coordination, and confidence while punching, kicking, and moving to energizing music. All fitness levels welcome!

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

Cycle and Sculpt: This class combines high-intensity intervals with powerful climbs and sprints in order to work the total body, increase endurance, and build strength. Dumbbells are incorporated for an added upper body workout.

H.I.I.T. and Sculpt: This H.I.I.T. inspired workout challenges the entire body using mostly body-weight exercises and light weights.

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

Tread & Shred: This treadmill class uses various speed and incline intervals designed to increase your endurance and strengthen your heart and muscles.

Zumba: This Latin-inspired dance class combines upbeat music with fun 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, upper body, lower body, total body, TRX, and turf. These classes cater to all fitness levels, promoting muscle growth, improving posture, and increasing overall physical resilience..

Core Sculpt: A core-focused 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!

Golden Sneakers Total Body: For the active aging population. This class incorporates body weight exercises and functional movements while socializing and having fun!

Golden Sneakers TRX: For the active aging population. This class utilizes the TRX suspension trainer emphasizing the core and full-body exercises.

Total Body Sculpt: This class combines free weights, bodyweight exercises, and functional movements, you'll target all major muscle groups to increase strength, stability, and power.

TRX Sculpt: This class uses both TRX suspension training and kettlebells for a total-body strength workout.

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

Upper Body Sculpt: An arm-focused workout focused on defining your biceps, triceps, and deltoids using dumbbells and barbells.

MIND & BODY CLASSES

Mind and body classes focus on harmonizing mental and physical well-being through integrated practices such as yoga, barre, mat Pilates, and mindful 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 class blends breath with movement, offering modifications and progressions as needed. We'll flow through a sequence of movements with moments of stillness and meditation to center the mind and connec with your inner calm

Barre: This low-impact class will strengthen your whole body while increasing both flexil and endurance! Expect to use a variety of equipment such as balls, bands, weights, and t ballet barre while enjoying fun music!

Body Stretch: This class can help reduce pain and foster joint mobility as well as strengthen abs and lower back.

Chair Yoga: Experience the benefits of yoga in a safe, supportive, and accessible way. This gentle class is designed for all levels and focuses on seated and standing poses using a chair for support. Improve flexibility, balance, and strength while reducing stress—no floor work required. Perfect for seniors, those with limited mobility, or anyone looking for a mindful movement practice.

Gentle Flow Yoga: This class focuses on gentle stretches, deep breathing, and mindful movements. You will enjoy a slow-paced practice designed to ease tension and promote relaxation.

Golden Sneakers Mobility and Stretch: For the active aging population. This total-body class combines body-weight training with a variety of flexibility exercises geared towards increasing mobility.

Heated Power Flow Yoga: ***Room is heated between 80-85 degrees.** This class is a dynamic and energizing yoga practice that blends strength, flexibility, and endurance, while focusing on flowing sequences, breath control, and mindful movement to build muscle tone, increase flexibility, and improve overall stamina. Expect a high-energy workout that leaves you feeling strong, centered, and rejuvenated.

Mat Pilates: This class focuses on improving flexibility, stability, and muscle tone by emphasizing proper alignment and breath control, helping you build a strong, balanced core while enhancing overall posture and coordination.

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

Stretch & Restore: This class connects your mind and body through your breath to stretch and restore energy using various meditation techniques and mantras.

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

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

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