

Time	Class	Length	Studio
MONDAY			
6:00 AM	Mashup-Strength, Cardio, Abs	53 minutes	Studio 2
7:00 AM	Bodyweight Boot Camp	20 minutes	Studio 2
7:30 AM	Mobility, Stability, and Flexibility	30 minutes	Studio 2
8:05 AM	Latin Remix	30 minutes	Studio 2
1:00 PM	Vinyasa Flow Yoga	30 minutes	Studio 2
4:00 PM	Mashup-Strength, Cardio, Abs	53 minutes	Studio 2
6:35 PM	Stretch Total Body	20 minutes	Studio 2
7:00 PM	Hatha Yoga	20 minutes	Studio 2
TUESDAY			
6:00 AM	Abs/Core Burnout	15 minutes	Studio 2
6:20 AM	Fusion - Total Body	15 minutes	Studio 2
10:00 AM	Stretch Total Body	20 minutes	Studio 2
12:00 PM	Pilates & Yoga Fusion	20 minutes	Studio 2
5:00 PM	Abs/Core Burnout	15 minutes	Studio 2
5:20 PM	Fusion - Total Body	15 minutes	Studio 2
WEDNESDAY			
6:00 AM	Mashup-Strength, Cardio, Abs	53 minutes	Studio 2
1:00 PM	Vinyasa Flow Yoga	30 minutes	Studio 2
4:00 PM	Mashup-Strength, Cardio, Abs	53 minutes	Studio 2
5:00 PM	All Levels Cardio Dance	30 minutes	Studio 2
6:00 PM	Up In Arms	18 minutes	Studio 2
THURSDAY			
6:00 AM	Abs/Core Burnout	15 minutes	Studio 2
6:20 AM	Fusion - Total Body	15 minutes	Studio 2
7:00 AM	Bodyweight Boot Camp	20 minutes	Studio 2
10:00 AM	Stretch Total Body	20 minutes	Studio 2
12:00 PM	Pilates & Yoga Fusion	20 minutes	Studio 2
5:00 PM	Abs/Core Burnout	15 minutes	Studio 2
5:20 PM	Fusion - Total Body	15 minutes	Studio 2
FRIDAY			
7:00 AM	Mashup-Strength, Cardio, Abs	53 minutes	Studio 2
11:00 AM	All Levels Cardio Dance	30 minutes	Studio 2
4:00 PM	Mashup-Strength, Cardio, Abs	53 minutes	Studio 2
SATURDAY			
6:05 AM	Lower Body	30 minutes	Studio 2
6:40 AM	Toned Arms and Abs	20 minutes	Studio 2
7:10 AM	Stretch Total Body	20 minutes	Studio 2
9:00 AM	Latin Remix	30 minutes	Studio 2
11:00 AM	Abs/Core Burnout	15 minutes	Studio 2
11:20 AM	Fusion - Total Body	15 minutes	Studio 2
SUNDAY			
6:05 AM	Lower Body	30 minutes	Studio 2
6:40 AM	Toned Arms and Abs	20 minutes	Studio 2
7:10 AM	Stretch Total Body	20 minutes	Studio 2
9:00 AM	All Levels Cardio Dance	30 minutes	Studio 2
10:00 AM	Lower Body	30 minutes	Studio 2
10:35 AM	Abs/Core Burnout	15 minutes	Studio 2

VIDEO CLASS SCHEDULE

SIGN IN AT THE FITNESS DESK

These videos will automatically begin playing in the respective studio at the scheduled start time.

There is no pause or stop option available to be fair for all those following the video.

Please enjoy this added amenity to your DHAC membership and experience!



Fitness.DedhamHealth.com

For questions comments or suggestions
please contact group fitness directors

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Updated as of 10/19/2022

VIDEO CLASS DESCRIPTIONS

15-MIN ABS/CARDIO BURNOUT: This class is perfect to do as a standalone routine or in addition to another workout. Get your core stronger & make your abs burn!

Equipment needed: Mat

FUSION-TOTAL BODY: This class will bring you through 15 of the best Total Body exercises. With a combination of strength, cardio and core, your entire body will get results in this fast, fun and challenging all-levels-welcomed workout.

Equipment needed: Mat and light dumbbells

MASHUP-STRENGTH, CARDIO, ABS: For fans of longer workouts— mashups combine several routines into one effective workout to help you get better results.

Equipment needed: Mat and dumbbells

UP IN ARMS: This upper body workout will leave your arms, core and shoulders burning! All you need is 20 minutes and these 8 moves to get in a great workout!

Equipment needed: Mat

30-MIN LOWER BODY: This class has two circuits that will hit your glutes, quads & hamstrings from every angle. Tighten, tone & sculpt your entire lower-half with this challenging routine

Equipment needed:

Mat and medium and heavy set of dumbbells

ALL-LEVELS CARDIO DANCE: Get ready for a serious cardio workout. This dance is guaranteed to burn a ton of calories. No matter what your dance background is, you'll be able to keep up with these easy-to-follow combos.

LATIN REMIX: Get ready to move your body, your whole body and nothing but your body! In this workout, we mix popular Latin dances like the Salsa, Cha Cha, Rumba and Samba.

STRETCH TOTAL BODY" This stretch session will focus on lengthening all parts of the body through a series of gentle movements

BODYWEIGHT BOOT CAMP: A fun & fast paced, body-weight HIIT workout! This no-equipment routine is packed with everything you need: strength, cardio & core.

MOBILITY, STABILITY, AND FLEXIBILITY: Begins with a heat building mobility section where we introduce movement to the muscles and joints, followed by stability work where you'll build confidence and proprioception, finishing with a relaxing stretch and lengthen.

Equipment needed: Mat

TONED ARMS AND ABS: A combination of multitasking arms and abs exercises. This workout will target both areas for an effective and efficient workout in just 20 minutes! Grab a pair of light free weights and let's do it!

Equipment needed: Mat and dumbbells

PILATES AND YOGA FUSION: This fun full body sculpting routine blends Pilates and Yoga. There are a ton of benefits to practicing both Yoga and Pilates. This low impact routine can also be done anywhere you can fit a yoga mat. Burn excess fat while you sculpt and define your entire body.

Equipment needed – Mat

HATHA YOGA: Enjoy this relaxing and rejuvenating Yoga routine, set in front of a beautiful backdrop to complement the peaceful, uplifting mood of the workout!

Equipment needed: Mat

VINYASA FLOW YOGA: A relaxing an easy-to-follow 30 minute yoga routine that will help you improve flexibility, tone your body, and release tension.

Equipment needed: Mat

NEED TO KNOWS

- ◆ Please arrive 5 minutes prior to the start of the video to set up your equipment
- ◆ Videos will start promptly at their scheduled time and playstraight through to the end of the workout
- ◆ Listen to your body and take breaks when needed
- ◆ Use modifications when needed
- ◆ Bring water and hydrate throughout the class
- ◆ Please clean your equipment when you are done
- ◆ Have Fun!

ALL PARTICIPANTS MUST SIGN IN AT THE FITNESS DESK