

Group Exercise

CLASS SCHEDULE

781-326-2900

DedhamHealth.com

Group Exercise Managers

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NEED TO KNOWS

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.

- BASE classes are not available to Wellness Program Participants.
- If less than 2 people are signed up for any class 2 hours prior to the start of the class, it will be cancelled for that day.
- You must be at least 14 years old to participate. In order to participate in aquatic classes, you must be at least 16 years old.
- Schedule is subject to change. Changes will be posted at the Fitness Desk, on our website and through social media.

Fitness.DedhamHealth.com/Group-Exercise

Time	Class	Location	Instructor
MONDAY			
6:45 AM	Cycle-30	Studio 4	Guy
7:00 AM	B.A.S.E.	Base Studio	Phylisha
9:00 AM	B.A.S.E.	Base Studio	Guy
10:00 AM	B.A.S.E.	Base Studio	Guy
11:00 AM	B.A.S.E.	Base Studio	Guy
12:00 PM	Golden Sneakers Total Body	Basketball Court	Dodi
5:30 PM	Amazing Arms	Studio 5	Tom
6:00 PM	Abs Xpress	Studio 5	Dodi
6:30 PM	Zumba™	Studio 3	Preeti
TUESDAY			
7:00 AM	Sunrise Flow	Studio 3	Sarah
7:00 AM	Body Burn 30	Fitness Desk	Julia
8:05 AM	TRX	TRX Studio	Julia
9:00 AM	Body Stretch	Studio 3	Sarah
10:00 AM	Cardio Dance	Studio 3	Monica
10:00 AM	B.A.S.E.	Base studio	Sarah
11:00 AM	Aquafit	Adult Pool	Sarah
11:00 AM	B.A.S.E.	Base studio	Julia
12:00 PM	Golden Sneakers TRX	TRX Studio	Guy
4:30 PM	Body Stretch	Studio 3	Phylisha
5:30 PM	Cycle-30	Studio 4	Team Riley
6:00 PM	Aquafit	Adult Pool	Laura/Phylisha
6:00 PM	Meditation in Motion	Studio 3	Ashley
6:05 PM	Body Blast	Studio 5	Tom
WEDNESDAY			
7:00 AM	Body Strong	Studio 5	Sarah
8:15 AM	Cycle-30	Studio 4	Sarah
9:00 AM	B.A.S.E.	Base Studio	Sarah
10:00 AM	Vinyasa Yoga	Studio 3	Heather
10:00 AM	B.A.S.E.	Base Studio	Sarah
11:00 AM	Aquafit	Adult Pool	Guy
11:05 AM	Mat Pilates	Studio 3	Dodi
4:00 PM	B.A.S.E.	Base Studio	Phylisha
6:30 PM	Mat Pilates	Studio 3	Guy
6:30 PM	Body Burn 30	Studio 5	Julia
7:20 PM	All Levels Yoga	Studio 3	Kristen

Time	Class	Location	Instructor
THURSDAY			
7:05 AM	Yoga Sculpt	Studio 3	Laura
9:00 AM	Body Stretch	Studio 3	Sarah
10:00 AM	B.A.S.E.	Base Studio	Sarah
10:00 AM	Cardio Dance	Studio 3	Monica
11:00 AM	B.A.S.E.	Base Studio	Sarah
11:00 AM	Aquafit	Adult Pool	Julia
5:00 PM	Amazing Arms	Studio 5	Tom
5:35 PM	Step	Studio 5	Margot
6:30 PM	Cycle-45	Studio 4	Amy
FRIDAY			
8:30 AM	Body Burn 20	Basketball Court	Sarah
9:00 AM	B.A.S.E.	Base Studio	Phylisha
9:30 AM	Butt Gut Blast	Studio 5	Sarah
11:00 AM	B.A.S.E.	Base Studio	Sarah
11:00 AM	Aquafit	Adult Pool	Phylisha
12:15 PM	Zumba Gold™	Studio 3	Emi
SATURDAY			
9:00 AM	Hatha Yoga	Studio 3	Laura
10:00 AM	Body Strong	Studio 5	Sarah
10:00 AM	B.A.S.E.	Base Studio	Julia
11:00 AM	B.A.S.E.	Base Studio	Julia
SUNDAY			
7:00 AM	Vinyasa Yoga	Studio 3	Liz
9:00 AM	Gentle Flow Yoga	Studio 3	Victoria
9:30 AM	Butt Gut Blast	Studio 5	Phylisha
10:00 AM	Aqua Dance	Adult Pool	Monica

**ALL CLASSES INCLUDED
IN YOUR MEMBERSHIP**

DEDHAM HEALTH
& Athletic Complex

CARDIO

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.

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!

BODY BURN 20/30: In this HIIT-inspired workout, be prepared to challenge your body! Using mostly bodyweight 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!

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!

ZUMBA GOLD™: This modified Zumba class is for active older adults that will re-create the

original moves at a lower intensity. The design of this class introduces easy to follow Zumba choreography that focuses on balance, range of motion, and coordination.

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.

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

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.

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.

STRENGTH

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.

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!

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.

BUTT GUT BLAST: 30 minutes of hard-core booty-blasting work combined with abdominal moves to firm that midsection and lift your glutes!

GOLDEN SNEAKERS: Try out both versions of this 45-minutes class: Total body will surprise

you each time with cardio, strength, and flexibility training. TRX will introduce you to the TRX suspension trainer and focus on total body strength and core work. Each format is ideal for beginners to exercise.

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.

B.A.S.E.: This is a 30 minute class that focuses on balance, agility, strength, and endurance. We use a simple step approach on a pulley based system.

MIND & BODY

MAT PILATES: Lean out your physique through proper body alignment and balance. You will use your bodyweight 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.

VINYASA YOGA: Vinyasa yoga connects movement to breath 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.

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.

YOGA SCULPT: Yoga sculpt class is a high-energy integrated combination of yoga flow with light weights. A class for all levels and abilities with some great tunes to start your day! Best part? It's topped off with various types of meditation techniques for a sweet ending! This class is 60 minutes.

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.

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

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

ATHLETIC MOBILITY & STRETCH: 30-minutes of full body stretches to assist with muscle recovery, decrease low back pain, and increase joint mobility. The goal is to improve your performance either in gym, or on the field and help you live a pain free life.

MEDIATION IN MOTION: This slow flow vinyasa focuses on the mind, body, breath connection and is open to students of all levels. Class begins with gentle floor based movement to anchor your attention, establish a connection with your physical body and get stagnant energy moving. Standing flows are guided by breath work and held longer to give students time to explore what feels good in their bodies. Class includes hands on adjustments for those comfortable with touch. We will explore different types of meditation from simple breath work to mantras and everything in between.