

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
7:00 AM	Bodyblast	Studio 2	Brynne
8:30 AM	Gentle Yoga	Studio 3	Andrea
9:00 AM	H.I.I.T. Burnout	Studio 2	Katie
9:35 AM	Slow Flow Yoga	Studio 3	Alyssa
10:00 AM	Bodyblast	Studio 2	Brynne
12:00 PM	Golden Sneakers Total Body	Meet in Fitness Ctr	Dodi
5:30 PM	Tai Chi Flow	Studio 3	Carol
6:00 PM	Piloxing™	Studio 5	Taylor
6:05 PM	Yoga: Release & Stretch	Studio 3	Liz V.
6:15 PM	Cycle-45	Studio 4	Tom
6:30 PM	TRX-60	TRX Arena	Jason
7:00 PM	Zumba™	Downtown Stage	Tiffany

TUESDAY

6:00 AM	Cycle-45	Studio 4	Preya
7:00 AM	20-Minute H.I.I.T.	Basketball Court	Brynne
8:30 AM	TRX-30	TRX Arena	Brynne
9:00 AM	Gentle Yoga	Studio 3	Sandi
9:00 AM	Trail Mix	Fitness Ctr Treadmills	Robbie
9:00 AM	Fab Abs	Studio 2	Sarah C.
9:30 AM	Bodypump™	Studio 5	Sarah C.
10:05 AM	Zumba™	Studio 3	Monica
11:00 AM	Aquafit	Adult Pool	Brynne
5:15 PM	Simple Stretch	Studio 3	Guy
6:00 PM	Mat Pilates	Studio 3	Jill
6:00 PM	Trail Mix	Fitness Ctr Treadmills	Jason
6:30 PM	Cycle-30	Studio 4	Margot
7:00 PM	Piloxing Knockout™	Studio 2	Taylor
7:00 PM	Aquafit	Adult Pool	Katie
7:10 PM	Fab Abs	Studio 5	Dodi

WEDNESDAY

7:00 AM	Bodypump™	Studio 5	Evelyn
8:15 AM	Cycle-30	Studio 4	Sarah C.
9:00 AM	Butt Gut Blast	Studio 2	Sarah C.
9:30 AM	Amazing Arms	Studio 2	Sarah C.
10:00 AM	Vinyasa Yoga	Studio 3	Heather
10:05 AM	Golden Sneakers Dynamic	Studio 2	Mark
11:00 AM	Aquafit	Adult Pool	Evelyn
11:05 AM	Mat Pilates	Studio 3	Dodi
12:00 PM	Tai Chi Flow	Studio 3	Carol
12:15 PM	Golden Sneakers TRX	TRX Arena	Guy
5:00 PM	Bodyblast	Studio 5	Brynne
5:30 PM	Amazing Arms	Studio 2	Tom
6:00 PM	Yoga Fundamentals	Studio 3	Constance
6:00 PM	TRX-30	TRX Arena	Brynne
6:15 PM	Bodypump™	Studio 5	Jill
6:15 PM	Cycle-45	Studio 4	Tom
7:00 PM	Zumba™	Downtown Stage	Tiffany
7:05 PM	Barre	Studio 3	Andrea
8:00 PM	Mat Pilates Basics	Studio 3	Robbie

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00 AM	Cycle-45	Studio 4	Preya
7:00 AM	Vinyasa Yoga	Studio 3	Liz A.
8:30 AM	TRX-30	TRX Arena	Brynne
9:00 AM	Gentle Yoga	Studio 3	Sarah H.
9:00 AM	Tread	Fitness Ctr Treadmills	Jason
10:05 AM	Zumba™	Studio 3	Monica
11:00 AM	Aquafit	Adult Pool	Sean
11:10 AM	Golden Sneakers Stretch	Studio 3	Jason
5:30 PM	Bodypump™	Studio 5	Evelyn
6:30 PM	Cycle-45	Studio 4	Amy

FRIDAY

8:30 AM	20-Minute H.I.I.T.	Basketball Court	Sarah C.
9:00 AM	Butt Gut Blast	Studio 2	Sarah C.
9:30 AM	Cycle-60	Studio 4	Robbie
9:30 AM	Vinyasa Yoga	Studio 3	Heather
11:00 AM	Aquafit	Adult Pool	Katie
5:30 PM	Abs X-press +	Studio 2	Robbie

SATURDAY

8:30 AM	TRXtreme	TRX Arena	Sarah C.
9:00 AM	Piloxing™	Studio 5	Brittanie
9:00 AM	Cycle-60	Studio 4	Margot
9:00 AM	Vinyasa Yoga	Studio 3	Meghan
10:00 AM	Zumba™	Downtown Stage	Tiffany
10:15 AM	Bodypump™	Studio 5	Sarah C.
10:15 AM	Amazing Arms	Studio 2	Brynne
11:00 AM	Aquafit	Adult Pool	Brynne
11:15 AM	Slow Flow Yoga	Studio 3	Audrey

SUNDAY

8:00 AM	Gentle Yoga	Studio 3	Victoria
9:00 AM	Cycle-60	Studio 4	Evelyn
9:05 AM	Vinyasa Yoga	Studio 3	Victoria
10:00 AM	Aqua Zumba™	Adult Pool	Monica
10:15 AM	Barre	Studio 3	Rachel
11:00 AM	Amazing Arms	Studio 2	Mark

DEDHAM HEALTH & Athletic Complex

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GROUP FITNESS MANAGERS
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Group Fitness

FALL SCHEDULE October - December 2019



All Classes
Included in Your
MEMBERSHIP

GROUP FITNESS NEED TO KNOWS

- 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.
- All classes run on a first come, first serve basis. Please do not reserve spots or equipment for anyone other than yourself. Studios will be open 10-15 minutes prior to the start of class.
- Please refrain from wearing fragrances in the studios
- Schedule is subject to change. Changes will be posted at the GF info center and on our website/social media.
- Classes will be held with a minimum of 3 participants. Classes with fewer than 5 participants on a consistent basis will be placed under review.

Group Fitness Class Descriptions

CARDIO

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

AQUAFIT: Aquatic-based exercises that focus on toning your muscles and burning calories all while minimizing the stress on your joints! Classes will use 2 lanes in the adult lap pool. Pool noodles and water dumbbells will be sporadically incorporated. This class is 60 minutes.

Cycle 30/45/60: The number represents the length of the class! With 3 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!

H.I.I.T. Burnout: In this HIIT inspired 30-minute 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! Cardio, strength, and core work will be the focus making for a great way to condition your muscles and leave feeling better than when you came in.

20-MINUTE H.I.I.T: You read that right: 20 minutes! High-Intensity Interval Training that will leave you sweaty, tired, and with an amazing sense of accomplishment! You'll be humbled by how you feel using bodyweight! Intense bursts of exercise followed by short bouts of active recovery.

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!

AQUA ZUMBA™: Make a 60-minute splash with low-impact, high energy aquatic exercise with your favorite Zumba™ dance moves in the pool! Let loose with Latin and world rhythms and tone up using the natural resistance of the water!

BARRE: A full-body workout that combines low-impact cardio, light hand weights, and ballet barre techniques with core strengthening and balance. This class gets your body moving in a dynamic rhythm that goes along with the music, finishing with a concentrated stretching portion. This class is 45 minutes (Sunday is a 60-minute version).

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.

PILOXING®: Mixing Pilates and boxing moves into a fat-torching, muscle-sculpting, core-centric interval workout, this 60-minute class is guaranteed to whip you into shape.

TREAD: A 30-minute high-intensity interval workout that involves walking, running, incline work, and bodyweight conditioning exercises. This workout will rev up your energy and metabolism for a max calorie burn! Be ready to sweat!

STRENGTH

BODYPUMP™: This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads. Wednesday 6:15pm and Thursday 5:30pm classes will run as a 45-minute version!

FAB ABS: Fire up your core! This 20-minute class will tighten your stomach and shape your obliques. Lower abdominal burn? Yeah, we've got that too!

ABS X-PRESS +: Fab Abs combined with lower back work and a blast of cardio for that total body burn! This class is 30 minutes.

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.

GOLDEN SNEAKERS: There are 4 versions to choose from! Total body (45-min) will surprise

you each time with cardio, strength, and flexibility training. TRX (45-min) will introduce you to the TRX suspension trainer and focus on total body strength and core work. Stretch (45-min) will loosen your muscles and relax your mind. Dynamic (30-min) will use soft dumbbells to improve strength and balance through dynamic movement. Each format is ideal for beginners.

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

PILOXING KNOCKOUT®: A 45-minute workout influenced by plyometric sports conditioning drills and functional training. Increase your fitness level, boost your confidence, break boundaries, and gain results!

TRX® CLASSES: TRX® suspension training leverages gravity and your bodyweight to perform exercises. Get stronger, leaner, and challenge your core! Our XTREME class is 45 minutes and will bring the heat by challenging you even more with H.I.I.T. training and weights.

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.

SLOW FLOW YOGA: This 60-minute class breaks down yoga poses and is ideal for new yogis. Restorative and relaxing, this class will break up your normal routine and allow your body to work and your mind to open.

SIMPLE STRETCH: Keep it simple! This 30-minute total-body stretch class is what your tight muscles are begging for!

TAI CHI FLOW: An experience unlike anything else! Spend 30 minutes slipping into Qi flow, and learn the ancient art of Qi Gong all while experiencing gentle tai chi moves and meditation.

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 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 FUNDAMENTALS: A slow-to-moderate paced class intended for those who want to learn the foundations of the practice, and for those who want to build an authentic, strong and safe yoga practice by keeping a beginner's mind and regularly revisiting the fundamentals. You will gain a basic understanding of breathing, sun salutations, standing and seated postures, with a different emphasis each session but a constant focus on healthy and safe alignment. This class is 60 minutes.

YOGA RELEASE & STRETCH: Through the use of foam rollers, balls, and traditional yoga poses, come experience this unique combination that your body, mind, and soul are craving! This class is 60 minutes.