



# Stockbridge Wellness Center Group Exercise Schedule

*Updated February 10, 2021*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<b>AM Classes</b>					
		<b>**Zumba Tone® 10:45- 11:45 am Sally</b>	<b>*Yoga 7:30 – 8:30 am Diane</b>		<i>Please See Dexter and Chelsea Website for Weekend Classes.</i>
<b>PM Classes</b>					
				<p><b>Level Indicator</b>                      *Beginner:  <i>All levels welcome</i>                      **Intermediate  <i>Most levels welcome, fitness experience and active lifestyle recommended.</i>                      *** Advanced  <i>Requires experienced fitness level and conditioned individual.</i></p>	 <b>STOCKBRIDGE WELLNESS CENTER</b>

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### PARTICIPANT GUIDELINES

**Members and guests participating in class are asked to adhere to the following to help keep classes at the highest possible standard:**

- Mask is required.
- Arrive on time (or a few minutes early.)
- Keep conversations to a minimum.
- Be courteous to other class participants and classes. Transition time is built into back to-back classes. If there is a class scheduled to start immediately following another we ask participants to exit quickly so that all classes can start on time
- Do not use cell phones/electronic devices during class.
- Prioritize safety and health above all else. Please go to your instructor with questions and comments before or after class and they will answer them to the best of their ability.

**Mask can create high aerobic demand, please participate with caution.**

### Class Descriptions

**Yoga:** Yoga is a practice of cultivating both stability and flexibility in the body, the breath, and the mind. Come learn how this practice can create a firm foundation for health and vitality.

**\*\*Zumba®:** A fusion of Latin and International music helps create a dynamic, exciting, effective workout with fun aerobic/fitness interval training! So fun, you don't notice how high your heart rate can get!

## Stockbridge Class Schedule

5116 S M-106,  
Stockbridge MI 49286  
Phone: 517-851-4486  
Fax: 517-851-4493

[www.stockbridgewellness.org](http://www.stockbridgewellness.org)

### Center Hours

Mon–Thurs: 5:30 am - 1 pm  
3 pm - 8 pm  
Fri: 5:30 am-1 pm  
Sat & Sun: Closed

*Please Note: Schedules are subject to change and cancellation based on holidays, weather and attendance. When instructors have a conflict, a different instructor or class genre may be substituted in lieu of the usual class.*

Update: 02/10/2021

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