


Stockbridge Wellness Center Group Exercise Schedule

Effective April 19th, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
AM Classes					
**Total Body Circuit 7:30 – 8:30 am <i>Fitness Specialist</i> <i>(Class ending May 16th)</i>		*Yoga 7:30 – 8:30 am <i>Diane</i> **Zumba Gold ® 9:15-10:15 am <i>Sally</i>			<i>Please See Dexter and Chelsea Website for Weekend Classes.</i>
PM Classes					
*Vin Yin 5:30 – 6:30 pm <i>Diane</i>			**Spinning 5:15-6:15pm <i>Mary</i>	<u>Level Indicator</u> *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>	 STOCKBRIDGE WELLNESS CENTER

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Class Descriptions

****Cardio Strength:** Strengthen and Tone your muscle while you burn calories with floor aerobics while using weights, balls, BOSU, barbells, and other training equipment.

****Spinning:** Experience a fun and exciting stationary bike ride for all levels of fitness. You will be coached and motivated through a simulated bicycling journey. If you are a beginner you must arrive 10 minutes early for proper set-up. Heart rate monitors recommended!

****Total Body Circuit:** A circuit based, total body workout appropriate for all fitness levels.

***Vin Yin Yoga** blends the yang elements of an active vinyasa practice with the Slower and more meditative and restorative benefits of Yin yoga. Move through cleansing creative flows to engage and celebrate the body before easing into passive postures to reset the mind. By alternating through the Yin and Yang elements you promote balance and create a powerful sense of well-being.

***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!

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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:

- Masks are optional.
- 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.

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Stockbridge Class Schedule

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

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.

Updated: 4/4/2022

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