

## MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:45 AM	BODYPUMP™	Studio 5	MARY
8:30 AM	GENTLE YOGA	Studio 3	SABRINA
9:00 AM	CYCLE 60	Studio 4	KELLY / GUY
9:00 AM	GOLDEN SNEAKERS DYNAMIC	Studio 2	MARK
9:35 AM	VINYASA YOGA	Studio 3	SABRINA
10:00 AM	BODYBLAST	Studio 2	BRYNNE
12:00 PM	GOLDEN SNEAKERS TOTAL BODY	Meet in Fitness Center	DODI
5:15 PM	LES MILLS GRIT SERIES™	Studio 5	TAYLOR
5:30 PM	TAI CHI FLOW	Studio 3	CAROL
6:00 PM	BEATBARRE (REQUIRES SIGN UP)	Barre Studio	C2 BARRE INSTRUCTOR
6:00 PM	PILOXING™	Studio 5	TAYLOR
6:05 PM	SLOW FLOW YOGA	Studio 3	AMRYNE
6:15 PM	CYCLE 45	Studio 4	TOM
6:30 PM	TRXplosion	TRX Arena	JASON
7:00 PM	ZUMBA™	Downtown Stage	TIFFANY

## TUESDAY

6:00 AM	CYCLE 60	Studio 4	JEREMIE
8:30 AM	TRXpress	TRX Arena	BRYNNE
9:00 AM	GENTLE YOGA	Studio 3	SANDI
9:00 AM	TRAIL MIX	Fitness Center Treadmills	ROBBIE
9:00 AM	FAB ABS	Studio 2	SARAH C.
9:30 AM	BODYPUMP™	Studio 5	SARAH C.
10:00 AM	BEATBARRE (REQUIRES SIGN UP)	Barre Studio	C2 BARRE INSTRUCTOR
10:05 AM	ZUMBA™	Studio 3	MONICA
10:30 AM	LES MILLS GRIT SERIES™	Studio 5	SARAH C.
11:00 AM	AQUAFIT	Adult Pool	BRYNNE
5:15 PM	SIMPLE STRETCH	Studio 3	MARK
6:00 PM	MAT PILATES	Studio 3	JILL
6:00 PM	TRAIL MIX	Fitness Center Treadmills	JASON
6:30 PM	CYCLE 30	Studio 4	MARGOT
7:00 PM	PILOXING KNOCKOUT™	Studio 2	TAYLOR
7:00 PM	AQUAFIT	Adult Pool	JASON
7:05 PM	YIN/VIN RESTORATIVE YOGA	Studio 3	SARAH H.
7:10 PM	FAB ABS	Studio 5	DODI

## WEDNESDAY

5:45 AM	CYCLE 30	Studio 4	KELLY
7:00 AM	BODYPUMP™	Studio 5	BRITTANIE
8:15 AM	LES MILLS GRIT SERIES™	Studio 2	EVELYN
9:00 AM	TRACK INTERVALS	DHAC Track	JASON
9:00 AM	BGX	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	CYCLE 45	Studio 4	TOM
5:00 PM	STEP & CORE	Studio 5	JILL
5:30 PM	GOLDEN SNEAKERS DYNAMIC	Studio 2	JEREMIE
6:00 PM	VINYASA YOGA	Studio 3	SABRINA
6:00 PM	TRX	TRX Arena	BRYNNE
6:00 PM	BODYPUMP™	Studio 5	JILL
6:30 PM	BEATBARRE (REQUIRES SIGN UP)	Barre Studio	C2 BARRE INSTRUCTOR
7:00 PM	ZUMBA™	Downtown Stage	TIFFANY
8:00 PM	MAT PILATES BASICS	Studio 3	ROBBIE

# Group Fitness for All

## THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00 AM	CYCLE 60	Studio 4	KELLY
7:00 AM	VINYASA YOGA	Studio 3	LIZ A.
8:30 AM	TRXpress	TRX Arena	BRYNNE
9:00 AM	FAB ABS	Studio 2	TAYLOR
9:00 AM	GENTLE YOGA	Studio 3	SANDI
9:00 AM	TRAIL MIX	Fitness Center Treadmills	JASON
9:30 AM	BODYPUMP™	Studio 5	TAYLOR
10:05 AM	ZUMBA™	Studio 3	MONICA
11:00 AM	AQUAFIT	Adult Pool	TAYLOR
11:10 AM	GOLDEN SNEAKERS STRETCH	Studio 3	JASON
5:30 PM	STEP & CORE	Studio 5	MARGOT
6:15 PM	LES MILLS GRIT SERIES™	Studio 2	EVELYN
6:30 PM	CYCLE 45	Studio 4	AMY M.
6:45 PM	VINYASA YOGA	Studio 3	AUDREY

## FRIDAY

8:30 AM	20-Min H.I.I.T.	Basketball Court	SARAH C.
9:00 AM	BGX	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	SARAH C.
5:30 PM	ABS Xpress +	Studio 2	ROBBIE
6:15 PM	FRIDAY NIGHT FLOW DOWN	Studio 3	SARAH H.

## SATURDAY

6:15 AM	CYCLE 45	Studio 4	GUY
8:30 AM	TRXplosion	TRX Arena	SARAH C.
9:00 AM	PILOXING™	Studio 5	BRITTANIE
9:00 AM	CYCLE 60	Studio 4	KELLY / MARGOT
9:00 AM	VINYASA YOGA	Studio 3	AMRYNE
10:00 AM	ZUMBA™	Downtown Stage	TIFFANY
10:05 AM	YIN/VIN YOGA	Studio 3	PHOENIX
10:15 AM	BODYPUMP™	Studio 5	SARAH C.
11:00 AM	AQUAFIT	Adult Pool	BRYNNE
11:15 AM	SLOW FLOW YOGA	Studio 3	PHOENIX

## SUNDAY

8:00 AM	GENTLE YOGA	Studio 3	VICTORIA
9:00 AM	CYCLE 60	Studio 4	KELLY
9:05 AM	VINYASA YOGA	Studio 3	VICTORIA
10:00 AM	LES MILLS GRIT SERIES™	Studio 2	EVELYN
10:00 AM	AQUA ZUMBA™	Adult Pool	MONICA
10:00 AM	BEATBARRE (REQUIRES SIGN UP)	Barre Studio	C2 BARRE INSTRUCTOR
10:30 AM	POWER YOGA	Studio 3	PHOENIX
11:00 AM	AMAZING ARMS	Studio 2	MARK

**DEDHAM HEALTH**  
& Athletic Complex

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Group Fitness Managers

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## WINTER CLASS SCHEDULE

December 25 - March 25



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 (Beatbarre requires sign up). 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.
- ▶ For changes regarding a specific class or sub, please contact our GFM's
- ▶ Classes will be held at full length with a minimum of 2 participants. Classes that draw fewer than 5 participants on a consistent basis will be placed under review for removal.

## CARDIO

# Group Fitness for All

## Class Descriptions

**LES MILLS GRIT SERIES™:** A 30-minute high-intensity interval training (HIIT) workout designed with short rounds of high-intensity exercise followed by periods of strategic recovery. You will increase your aerobic fitness, grow lean muscle, & burn calories for hours after you workout! Get FIT FAST with GRIT!

**TRAIL MIX:** A 30-minute treadmill class designed for all levels. Work up a sweat to the 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 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!

**STEP & CORE:** This class is 50 minutes. "Old-school" Step is revived with these easy to do moves up, over, and around the step! Burn calories, improve coordination, strengthen legs & glutes, and finish it off with core work! Keep the impact low or amp it up for that metabolic burn! All levels welcome!

**20-Min 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 exercises 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 the Latin and world rhythms as you combine all the elements of fitness for an amazing 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 the Latin and world rhythms and tone up using the natural resistance of the water!

**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.

## 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.

**FabAbs:** Fire up your core! This 20-minute class will tighten your stomach and shape your obliques. Lower abdominal burn? Yea, we got that!

**ABS EXPRESS + :** 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 to exercise.

**C2 BEATBARRE:** Beatbarre is a fusion of Pilates, ballet, yoga, and functional training. Tone your whole body at the ballet barre using balls, bands, and small weights. Lift your butt and define your thighs! This class is 60 minutes. \*Sign up is required at the DHAC front desk 30 minutes prior to class start!

**BGX: Butts & Guts Xpress!** 30 minutes of hard core booty blasting work combined with abdominal moves to firm that mid-section and lift your glutes!

**PILOXING KNOCKOUT®:** 45-minute workout influenced by plyometrics, 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 with every exercise! Our Xplosion class is 60 minutes and will bring the heat by challenging you even more with H.I.I.T. training and weights. Our Xpress class 30 minutes. Something for everyone!

## 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.

**POWER YOGA:** A challenging system of physical and mental exercise that will improve flexibility, balance, and whole-body strength. This will also emphasize proper breathing, stretching, and special postures to help manage stress. Prior yoga experience is recommended. This class is 60 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! Static stretching followed by some relaxation!

**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 mediation.

**VINYASA YOGA:** Strengthen and stretch your muscles, stimulate and encourage proper functions of internal organs. You will also gain emotional and spiritual well-being. This class is perfect for all levels. Namaste. 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.

**FRIDAY NIGHT FLOW DOWN:** TGIF! Thank God I FLOW! This Friday night flow down is exactly what the end of the week calls for! A gentle flow, set to upbeat music, to help unwind from a busy week and enter into the weekend. A fun and energetic yoga experience. This class is 60 minutes.

**YIN/VIN YOGA:** Class begins with Vinyasa flow and heat building poses (asanas) and breath practices (pranayama). You'll transition into the cooling stillness of yin poses to achieve a balanced state. Yin yoga emphasizes long passive holds to target joints and connective tissues to increase circulation and improve flexibility. Suitable for students with some prior yoga experience. This class is 60 minutes.