



Fall 2024

Community Programs at Chelsea and Dexter Wellness Centers

COMMUNITY EDUCATION

Scholarship Opportunities

Wellness Center membership and Community Education Scholarships, through the 5 Healthy Towns Foundation, are available to individuals meeting financial criteria.

For more information, visit 5healthytowns.org or call Karen Bradley at 734-214-0232.

Rock Steady Boxing

A non-contact boxing-based fitness program designed to minimize the effects of Parkinson's disease and improve activities of daily living.

Monday/Wednesday/Friday 1:30 pm – 3:00 pm \$129/month CHE
Call 734-214-0220 for more information.

High Blood Pressure Workshop

High Blood Pressure (HBP Control) is a class that will help you build skills and tools to manage your high blood pressure. It is an eight-week, interactive workshop led by certified leaders.

This workshop is offered at no cost to participants. Registration Required. For more information or to register visit nkfm.org/HBPC or call the National Kidney Foundation at 734-222-9800

Wednesday 9/25- 11/13 1:00 pm – 2:30 pm CHE

Women's Health and Fitness Day

Free visit for Women on Wednesday, September 25. Women will have access to our state-of-the-art facility including the fitness floor, pools, classes, and more!

Bowls and Bows

Kick off the fall season and join us for a soup bar and bread bowls. Craft a fun, personalized fall center piece or wreath to take home! FREE Registration required. Maximum of 30 participants For more information or to register visit the Member Service Desk or call 734-214-0220.

Wed 9/25 6:00pm-7:30pm CHE

Game of Go

Game of Go lessons and group problem-solving at 10 AM every Saturday, with paired games starting at 11 AM. Beginners and all level of players are welcome.

Saturdays FREE DEX

Love Your Body Workshop Series

Yoga and Journaling exercises to emphasize grounding in our bodies with unconditional care. How often do we judge, shame, or ignore our bodies for their size, shape, ability, disability, or wellness level? Let's begin to engage in gentle yoga flows, guided breath practices, and effective journaling for true self-honoring.

Wednesday 9/18 6:00 pm – 7:30 pm CHE

Wednesday 10/16 6:00 pm – 7:30 pm DEX

Wednesday 11/27 6:00 pm – 7:30 pm CHE

Wednesday 12/11 6:00 pm – 7:30 pm DEX

CHE = Chelsea Wellness Center DEX = Dexter Wellness Center STK = Stockbridge Wellness Center
734-214-0220 734-580-2500 517-851-4486

MEM = Chelsea, Dexter or Stockbridge Wellness Center Member
Senior = 60+
Registration required for all events. Please call to register or for more information.

*Scholarships Available

COMMUNITY EDUCATION

QiGong/Yoga and Yogic Meditation

This class will guide you through Yoga QiGong hybrid practices created to quicken deep profound meditation. You will learn the basics of yoga breath, work, and how to use mantra to support your meditation while enjoying some basic movement practices accessible to all skill levels and transformational for all.

Monday 9/16-10/7 5:30 pm – 6:30 pm DEX

MEM \$48 NON-MEM \$60

FREE DEMO 9/9

SMALL GROUP PERSONAL TRAINING

Pilates Reformer

Unlike mat Pilates, Reformer Pilates is performed on an intelligently designed piece of equipment with a system of springs and pulleys to provide resistance. This builds balanced strength and flexibility, working your body through its full range of motion. Pilates is a full body workout that aligns the body to allow you to do whatever else you want to do more efficiently. Pilates can be modified to fit any body at any age or stage of life. Registration Required. Please contact the Member Service Desk for more information on sessions/prices.

DEX

Level 1

Tuesday 8:30 am – 9:30 am

Thursday 9:30 am – 10:30 am

Saturday 9:00 am – 10:00 am

Saturday 10:00 am – 11:00 am

Advanced

Wednesday 8:30 am – 9:30 am

Thursday 8:30 am – 9:30 am

*No Class: 10/12, 10/15-10/17, 10/19, 11/28, 11/30, 12/21, 12/24-26

Aqua Board Fitness Classes

Take your fitness to a new level with our Aqua Board classes. These 4-week small group classes offer a total body workout that focus on using core stability to improve balance, mobility, strength, flexibility, and endurance.

Aqua Board Strength, Balance, & Mobility

Monday 9/16- 10/7 & 10/14- 11/4 4:00 pm – 5:00 pm

Tuesday 9/17- 10/8 & 10/15- 11/5 9:00 am – 10:00 am

Thursday 9/19- 10/10 & 10/17- 11/7 11:00 am – 12:00 pm DEX

MEM \$104 NON-MEM \$112

Interested in Aqua Board classes?

Take advantage of our FREE "try it out" week of mini ½ hour classes! Pre-registration required.

Monday 9/9 4:00 pm – 4:30 pm & 4:45 pm – 5:15 pm

Tuesday 9/10 9:00 am – 9:30 am & 9:45 am – 10:15 am

Thursday 9/12 11:00 am – 11:30 am & 11:45 am – 12:15 pm DEX



SMALL GROUP PERSONAL TRAINING

Love Your Brain Yoga

Love Your Brain (LYB) Yoga is a 6-week community-based program for people recovering from traumatic brain injury (TBI), concussions or head trauma and their caregivers. LYB yoga offers gentle exercise and mindfulness to help: enhance strength, balance and flexibility, improve quality of life and resilience. It also helps reduce stress, mental fatigue, pain and increases attention and memory. LYB yoga is based on neuroscientific evidence as to what works for the TBI community. No yoga experience is necessary.

Tuesday 9/10-10/15 3:00 pm – 4:00 pm **CHE**
MEM \$114 NON-MEM \$126

Strengthen Your Pickleball

Whether you're a seasoned player or just starting your pickleball journey, strength training can significantly elevate your game. Pickleball is a dynamic sport that demands quick movements, explosive bursts of energy, and precise control. Strength training provides the foundation to meet these demands, enhancing your power, endurance, and overall performance on the court.

Thursday 9/12-10/17 & 11/7-12/19 10:00 am – 11:00 am **DEX**
MEM \$126 NON-MEM \$132
Limit 4 participants

All About Balance

This class is designed to teach you how to maintain balance by strengthening the muscles that help keep you upright, including your legs and core. The focus is to improve stability and help prevent falls.

Tuesday 10/1- 10/22 & 11/5- 11/26 3:00 pm – 4:00 pm **CHE**
MEM \$76 NON-MEM \$80

Beginning Weightlifting

This class is designed to introduce new exercises to the younger generation that are just getting started into their fitness journey. In this class participants will cycle through several exercises targeting different muscle groups with minimal rest in between each movement. Participants will learn how to tax their muscular strength, endurance, and cardiorespiratory system.

Thursday 9/12-10/17 & 11/7-12/19 3:30 pm – 4:15 pm **DEX**
MEM \$126 NON-MEM \$132

Beginner Pickleball Class

This beginning clinic consists of four one-hour sessions. It includes an overview of pickleball rules, court layout, equipment, strategy and game play. No previous pickleball experience is necessary.

Tuesday & Thursday 9/17- 9/26 10:00 am – 11:00 am \$40 **DEX**
Tuesday & Thursday 10/15-10/24 10:00 am – 11:00 am \$40 **DEX**
Tuesday & Thursday 11/5-11/14 10:00 am – 11:00 am \$40 **DEX**
Tuesday & Thursday 12/3-12/12 10:00 am – 11:00 am \$40 **DEX**

AQUA CLASSES

Please contact the Member Service Desk for more information on sessions/prices

Registration Deadline: **Oct.- Nov.: Sept 15 Dec.- Jan: Nov. 15**

***NO CLASSES THE WEEK OF 12/23**

Water Babies

For toddlers ages 0 - 2 who need an adult to be with them in the water. This class will have a focus on water safety and will primarily feature songs and games. This will take place in the warm water pool.

Min.3 Max. 12 participants
Wednesday 10/9- 11/20 & 12/4- 1/22 6:00 pm – 6:30 pm
Saturday 10/12- 11/23 & 12/7- 1/25 10:00 pm – 10:30 pm **CHE**
Monday 10/7- 11/18 & 12/2-1/20 4:00 pm – 4:30 pm
Friday 10/11- 11/22 & 12/6-1/24 4:00 pm – 4:30 pm **DEX**

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AQUA CLASSES

Preschool Parent

Preschool Parent is for younger students, ages 3-5 who may need a parent's help in the water. Parents required to come dressed to get in the pool but may choose to sit on the edge if their student is comfortable. This class will have a focus on water safety, floating, blowing bubbles, songs, and games. This class takes place in the warm pool.

Min.3 Max. 6 participants
Wednesday 10/9- 11/20 & 12/4- 1/22 4:00 pm – 4:30 pm
Saturday 10/12- 11/23 & 12/7- 1/25 10:40 am – 11:10 am **CHE**
Monday 10/7- 11/18 & 12/2- 1/20 4:40 pm – 5:10 pm
Thursday 10/10- 11/21 & 12/5- 1/23 4:00 pm – 4:30 pm **DEX**

Level 1 Swim

For all students aged 4-10 who are not yet comfortable going under water. Class will focus on kicking, floating, blowing bubbles, and water safety. This class will take place in the warm pool. Parents not in the pool.

Min. 3 Max. 6 participants
Tuesday 10/8- 11/19 & 12/3- 1/21 4:00 pm – 4:30 pm
Wednesday 10/9- 11/20 & 12/4- 1/22 4:40 pm – 5:10 pm
Saturday 10/12- 11/23 & 12/7- 1/25 11:20 pm – 11:50 pm **CHE**
Monday 10/7- 11/18 & 12/2- 1/20 5:20 pm – 5:50 pm
Thursday 10/10- 11/21 & 12/5- 1/23 4:40 pm – 5:10 pm
Friday 10/11- 11/22 & 12/6- 1/24 4:40 pm – 5:10pm **DEX**

Level 2 Swim

For students ages 5-12. Level 2 is for students who enthusiastically submerge underwater without plugging their nose. Students should be able to swim 3 feet on their front and float on their back for 10 seconds without assistance prior to enrollment. Students will learn the foundations for strokes such as freestyle and backstroke as well as water safety skills such as treading and survival floating. This class takes place in the warm pool. Parents not in the pool.

Min. 3 Max. 6 participants
Tuesday 10/8- 11/19 & 12/3- 1/21 4:40 pm – 5:10 pm
Wednesday 10/9- 11/20 & 12/4- 1/22 5:20 pm – 5:50 pm **CHE**
Monday 10/7- 11/18 & 12/2- 1/20 6:00 pm – 6:30 pm
Thursday 10/10- 11/21 & 12/5- 1/23 5:20 pm – 5:50 pm
Friday 10/11- 11/22 & 12/6- 1/24 5:20 pm – 5:50 pm **DEX**

Level 3 Swim

For students ages 6-14. Level 3 is for students who can swim 15 feet on their own but are still developing their swimming strokes. Students will learn strokes such as freestyle, backstroke, and breaststroke as well as how to tread water. This class will take place in the lap pool. Parents not in the pool.

Min. 3 Max. 6 participants
Tuesday 10/8- 11/19 & 12/3- 1/21 5:20 pm – 5:50 pm
Saturday 10/12- 11/23 & 12/7- 1/25 5:20 pm – 5:50 pm **CHE**
Thursday 10/10- 11/21 & 12/5- 1/23 6:00 pm – 6:30 pm
Friday 10/11- 11/22 & 12/6- 1/24 6:00 pm – 6:30 pm **DEX**

Level 4 Swim

For students ages 7-16. Level 4 is for students who can swim 25 feet using freestyle and backstroke, and students who are familiar with breaststroke. Students in level 4 will be introduced to the butterfly stroke, build endurance and learn drills to refine their stroke technique. Students will also learn how to safely dive to the bottom of the pool from inside of the water. This class will take place in the lap pool. Parents not in pool.

Min. 3 Max. 6 participants
Tuesday 10/8- 11/19 & 12/3- 1/21 6:00 pm – 6:30 pm **CHE**

