

Fall 2019

Community Programs

Chelsea and Dexter Wellness Centers

COMMUNITY EDUCATION

An Eye Towards Retirement: Non-financial Retirement Planning DEX

Doreen Murasky

Wed 9/11 7:00-8:30pm FREE

Drawing on current research and cross-cultural perspectives on the second half of life, attendees will learn the six essential, non-financial features to planning a fulfilling retirement.

Women's Health & Fitness Day CHE DEX

Wed 9/25 FREE

Women work out for **FREE** all day!

Dessert & Design: A Ladies Night Out!

Bethany Stone, The Painted Owl

Tues 9/24 6:30-9:00pm FREE DEX

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

Join us for dessert and create an art piece to take home! Invite your friends and come enjoy a Ladies Night Out! 6:30-7:00pm dessert & beverages, 7:00-9:00pm painted canvas. Registration is required by stopping in or calling the appropriate center.

Mindful Retirement: Cultivating Awareness of What Matters Most DEX

Doreen Murasky

Wed 10/9 – 11/13 7:00-9:00pm FEE \$120 MEM \$90

This six week series covers the non-financial aspects of preparing for a fulfilling retirement. It will combine exploration of relevant topics with creative expression, contemplative practices, and supportive discussion.

Fitness Palooza DEX

Mon 10/14 6:00-7:30pm \$10 donation

Help us raise money for the American Cancer Society by attending this awesome class that will feature samples of Rumble, Zumba®, strength, toning, stretch and more! 100% of the proceeds will be donated.

Flu Shot Clinic – UM Michigan Visiting Care

Tue 10/15 9:00-11:00am CHE

Thur 10/24 2:00-5:00pm DEX

Massage Awareness Week CHE DEX

October 21-27

Massage discounts the entire week!

What is Reflexology? CHE

Sue Rogers, LMT

Mon 10/21 6:30-7:30pm FREE

Reflexology is a cross between foot massage and acupressure. It promotes healing by stimulating nerves and promoting better blood flow. It can ease stress, allergy symptoms, chronic fatigue, and more!

Thrive as you Age! CHE

Kaitlyn Schneider, Personal Trainer

Mon 11/11 6:30-7:30pm FREE

Learn how you can live a longer, healthier life through optimizing the human aging process. Critical factors for aging well and increasing quality of life will be discussed.

FITNESS CLASSES

Adaptable Movement DEX

Sat 9/7-10/19 2:15-3:15pm FEE \$49 MEM \$35

Sat 11/2-12/21* 2:15-3:15pm FEE \$49 MEM \$35

*No Class 11/23

Beginning Ballroom Dance for Couples DEX

Mon 9/9-10/14 7:30-8:30pm FEE \$72/cpl MEM \$62/cpl

Mon 11/4-12/9 7:30-8:30pm FEE \$72/cpl MEM \$62/cpl

Ballroom Review & More For Experienced Couples DEX

Thur 9/12-10/17 7:30-8:30pm FEE \$72/cpl MEM \$62/cpl

Thur 11/7-12/12* 7:30-8:30pm FEE \$60/cpl MEM \$52/cpl

*No Class 11/28

Intro To Pickleball DEX

Tue 9/10-10/1 10:30-12:00pm FEE \$60 MEM \$40

Wed 10/16-11/6 5:30-7:00pm FEE \$60 MEM \$40

Tue 11/19-12/10 10:30-12:00pm FEE \$60 MEM \$40

Intermediate Pickleball DEX

Wed 9/11-10/2 5:30-7:00pm FEE \$60 MEM \$40

Tue 10/15-11/5 10:30-12:00pm FEE \$60 MEM \$40

Wed 11/20-12/11 5:30-7:00pm FEE \$60 MEM \$40

Line Dancing CHE

Thur 9/5-10/24 1:15-2:15pm FEE \$64 MEM FREE

Thur 10/31-12/19* 1:15-2:15pm FEE \$56 MEM FREE

*No Class 11/28

Tai Chi DEX

Thur 9/5-10/24 1:00-2:00pm FEE \$80 MEM FREE

Thur 10/31-12/19* 1:00-2:00pm FEE \$70 MEM FREE

*No Class 11/28

Tai Chi CHE

Thur 9/5-10/24 11:30-12:30pm FEE \$80 MEM FREE

Thur 10/31-12/19* 11:30-12:30pm FEE \$70 MEM FREE

*No Class 11/28

TRX DEX

Tue 10/1-10/22 9:00-10:00am FEE \$72 MEM \$60

Tue 10/29-11/19 9:00-10:00am FEE \$72 MEM \$60

ONGOING COMMUNITY EVENTS

Mindful Dexter DEX

A **FREE** guided mindfulness meditation practice in a community setting. Find Mindful Dexter on Facebook for more info!

- **Second Saturdays** of each month
Dexter District Library 9:30-10:30am
- **Third Thursdays** of each month at the
Dexter Wellness Center 6:00-7:00pm

Dexter Forum FREE DEX

1st & 3rd Saturday of Each Month, 8:30-9:30am

The Game of Go FREE DEX

Meets Every Friday 11:30am-12:30pm Instruction/ 12:30pm Games Begin

Senior Swim (60+) CHE DEX

2nd & 4th Friday of the month 1:00-4:00pm FREE

CHE Chelsea Wellness Center 734-214-0220 DEX Dexter Wellness Center 734-580-2500

MEM = Chelsea or Dexter Wellness Center Member

Registration required for all events. Please call to register or for more information.

*Scholarships Available



AQUA CLASSES

Aquacize with Arthritis

CHE

Wed 9/4-10/23	12:00-1:00pm	FEE \$64	MEM FREE
Wed 10/30-12/18*	12:00-1:00pm	FEE \$56	MEM FREE
Fri 9/6-10/25	12:00-1:00pm	FEE \$64	MEM FREE
Fri 11/1-12/20**	12:00-1:00pm	FEE \$56	MEM FREE

*No Class 11/27, **No Class 11/29

Aquacize with Arthritis

DEX

Tue 9/3-10/22	11:30-12:30pm	FEE \$64	MEM FREE
Tue 10/29-12/17*	11:30-12:30pm	FEE \$56	MEM FREE
Thur 9/5-10/24	11:30-12:30pm	FEE \$64	MEM FREE
Thur 10/31-12/19**	11:30-12:30pm	FEE \$56	MEM FREE

*No Class 11/26, **No Class 11/28

Aqua Yoga

DEX

Tue 9/17-10/29	10:00-11:00am	FEE \$56	MEM FREE
Tue 11/5-12/17	10:00-11:00am	FEE \$56	MEM FREE

Beginner Swim – Adult

CHE

Thur 10/3-11/7	8:30-9:30am	FEE \$78	MEM \$60
Thur 11/14-12/19*	8:30-9:30am	FEE \$65	MEM \$50

*No Class 11/28

Beginner Swim – Adult

DEX

Wed 10/2-11/6	8:30-9:30am	FEE \$78	MEM \$60
Wed 11/13-12/18	8:30-9:30am	FEE \$78	MEM \$60

Master Swim – Adult

CHE

Mon 9/30-11/4	5:30-7:00am	FEE \$72	MEM \$54
Mon 11/11-12/16*	5:30-7:00am	FEE \$60	MEM \$45
Thur 10/3-11/7	5:30-7:00am	FEE \$72	MEM \$54
Thur 11/14-12/19**	5:30-7:00am	FEE \$48	MEM \$36

*No Class 11/25, **No Class 11/21 & 11/28

Master Swim – Adult

DEX

Wed 10/2-11/6	5:30-7:00am	FEE \$72	MEM \$54
Wed 11/13-12/18	5:30-7:00am	FEE \$72	MEM \$54

Preschool Swim Level 1 (3-6 yrs. Old)

DEX

Mon 10/7-10/28	5:00-5:30pm	FEE \$44	MEM \$32
Mon 11/4-11/18	5:00-5:30pm	FEE \$33	MEM \$24
Mon 12/2-12/16	5:00-5:30pm	FEE \$33	MEM \$24
Thur 9/5-9/26	4:00-4:30pm	FEE \$44	MEM \$32
Thur 10/3-10/24	4:00-4:30pm	FEE \$44	MEM \$32
Thur 10/31-11/21	4:00-4:30pm	FEE \$44	MEM \$32
Thur 12/5-12/19	4:00-4:30pm	FEE \$33	MEM \$24

Water Babies (1-2 yrs. Old)

CHE

Mon 9/9-10/21	8:30-9:00am	FEE \$49	MEM \$35
Mon 11/4-12/16*	8:30-9:00am	FEE \$42	MEM \$30

*No Class 11/25

Water Babies (1-2 yrs. Old)

DEX

Mon 10/7-10/28	4:30-5:00pm	FEE \$28	MEM \$20
Mon 11/4-11/18	4:30-5:00pm	FEE \$21	MEM \$15
Mon 12/2-12/16	4:30-5:00pm	FEE \$21	MEM \$15

Water Toddlers (2-3 yrs. Old)

CHE

Mon 9/9-10/21	9:00-9:30am	FEE \$49	MEM \$35
Mon 11/4-12/16*	9:00-9:30am	FEE \$42	MEM \$30

*No Class 11/25

PILATES CLASSES

Small Group Reformer Classes

DEX

Tues 9/3-9/24	12:00-1:00pm	FEE \$112	MEM \$100
Tues 10/1-10/22	12:00-1:00pm	FEE \$112	MEM \$100
Tues 10/29-11/19	12:00-1:00pm	FEE \$112	MEM \$100
Tues 11/26-12/17	12:00-1:00pm	FEE \$112	MEM \$100
Thur 9/5-9/26	9:00-10:00am	FEE \$112	MEM \$100
Thur 9/5-9/26	12:00-1:00pm	FEE \$112	MEM \$100
Thur 10/3-10/24	9:00-10:00am	FEE \$112	MEM \$100
Thur 10/3-10/24	12:00-1:00pm	FEE \$112	MEM \$100
Thur 10/31-11/21	9:00-10:00am	FEE \$112	MEM \$100
Thur 10/31-11/21	12:00-1:00pm	FEE \$112	MEM \$100
Thur 12/5-12/26	9:00-10:00am	FEE \$112	MEM \$100
Thur 12/5-12/26	12:00-1:00pm	FEE \$112	MEM \$100
Sat 9/7-9/28	8:00-9:00am	FEE \$112	MEM \$100
Sat 9/7-9/28	10:00-11:00am	FEE \$112	MEM \$100
Sat 10/5-10/26	8:00-9:00am	FEE \$112	MEM \$100
Sat 10/5-10/26	10:00-11:00am	FEE \$112	MEM \$100
Sat 11/2-11/23	8:00-9:00am	FEE \$112	MEM \$100
Sat 11/2-11/23	10:00-11:00am	FEE \$112	MEM \$100
Sat 12/7-12/28	8:00-9:00am	FEE \$112	MEM \$100
Sat 12/7-12/28	10:00-11:00am	FEE \$112	MEM \$100

Equestrian Pilates

CHE

Tues 9/3-9/24	7:00-8:00pm	FEE \$56	MEM \$48
Tues 10/1-10/22	7:00-8:00pm	FEE \$56	MEM \$48
Tues 11/5-12/10*	7:00-8:00pm	FEE \$70	MEM \$60
Thur 9/5-9/26	10:30-11:30am	FEE \$56	MEM \$48
Thur 10/3-10/24	10:30-11:30am	FEE \$56	MEM \$48
Thur 11/7-12/19**	10:30-11:30am	FEE \$84	MEM \$72

*No Class 11/26, **No Class 11/28

MINDFUL CLASSES

Chair Yoga

CHE

Fri 9/6-10/25	10:30-11:30am	FEE \$72	MEM FREE
Fri 11/1-12/20	10:30-11:30am	FEE \$72	MEM FREE

Chair Yoga

DEX

Tue 9/3-10/22	10:30-11:45am	FEE \$72	MEM FREE
Tue 10/29-12/17	10:30-11:45am	FEE \$72	MEM FREE

Koru Mindfulness & Meditation 4-WEEK Workshop

DEX

Sun 11/3-11/24	3:00-4:30pm	FEE \$60	MEM \$40
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Mindful Movement – Healthy Back

CHE

Tue 9/3-10/8	5:00-6:00pm	FEE \$54	MEM FREE
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Mindful Movement – Healthy Vision

CHE

Tue 10/15-11/19	5:00-6:00pm	FEE \$54	MEM FREE
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Mindful Movement – Healthy Neck

CHE

Tue 11/26-12/17	5:00-6:00pm	FEE \$36	MEM FREE
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Lunar Flow Yoga

CHE

Wed 9/4-10/23	5:30-6:30pm	FEE \$72	MEM FREE
Wed 10/30-12/18*	5:30-6:30pm	FEE \$63	MEM FREE

*No Class 11/27

Teen Yoga & Meditation (Grades 9-12)

CHE

Tue 9/23-11/25	4:00-5:00pm	FEE FREE	MEM FREE
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SMALL GROUP PERSONAL TRAINING

Build Up to Running

CHE

Mon & Wed 9/4-9/30	8:30-9:30am	FEE \$200	MEM \$160
Mon & Wed 10/2-10/28	8:30-9:30am	FEE \$200	MEM \$160

Functional Strength & Balance for Seniors (60+)

DEX

Thur 10/3-10/24	1:15-2:00pm	FEE \$75	MEM \$60
Thur 10/31-11/21	1:15-2:00pm	FEE \$75	MEM \$60

Intro to Density Training

DEX

Tue 9/3-9/24	5:30-6:30pm	FEE \$100	MEM \$80
Tue 10/1-10/22	5:30-6:30pm	FEE \$100	MEM \$80
Tue 10/29-11/19	5:30-6:30pm	FEE \$100	MEM \$80

Treads & Toning

DEX

Wed 10/2-10/23	7:00-7:45am	FEE \$75	MEM \$60
Wed 10/30-11/20	7:00-7:45am	FEE \$75	MEM \$60

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