

Winter 2020

Community Programs Chelsea and Dexter Wellness Centers

COMMUNITY EDUCATION

Breakdown of a Proper Wellness Workout

Mon 1/27	12:00-1:00pm	FREE	CHE
Tue 1/28	7:00-8:00pm	FREE	DEX

Regular exercise is one of the best things you can do for your health. Come learn what components are needed in a well balanced workout.

American Heart Association CPR Demo Table

Mon 2/3	10:00am-12:00pm	FREE	CHE
Mon 2/3	5:00-7:00pm	FREE	DEX

Learn about the importance of CPR. An AHA representative will be in the centers to provide information and answer questions.

American Heart Association Fundraiser **CHE**

Mon 2/3 – Sun 2/9

Help the Chelsea Wellness Center raise money for the American Heart Association and be entered into drawings for some awesome prizes!

Importance Workshops

The Importance of Sleep

Mon 2/3	6:00-6:30pm	FREE	CHE
Tue 2/4	10:00-10:30am	FREE	DEX

Come learn how sleep patterns affect your workout.

The Importance of Stretching and/or Foam Rolling

Mon 2/10	8:30-9:00am	FREE	CHE
Tue 2/11	7:00-7:30pm	FREE	DEX

Learn ways you can stretch and roll out to maintain range of motion and ability to move.

The Importance of Warming Up and Cooling Down

Mon 2/17	8:00-8:30am	FREE	CHE
Tue 2/18	7:00-7:30pm	FREE	DEX

Come learn why it is important to include a warm up and cool down in your workout.

The Importance of Stress Management

Mon 2/24	8:30-9:00am	FREE	CHE
Tue 2/25	6:00-6:30pm	FREE	DEX

Learn ways to manage stress and be happier, healthier, & more productive.

Red Cross Blood Drive **CHE** **DEX**

Fri 2/28 9:00-3:00pm

Help save lives by donating blood at CWC or DWC. You can register in advance by calling the centers or visiting redcrossblood.org.

Program to Educate All Cyclists Fundraising Ride **DEX**

Wed 3/11 \$10 donation per class

8:30-9:30am, 9:45-10:45am, 5:30-6:30pm, and/or 7:00-8:00pm

Reserve your bike with a \$10 minimum donation per class. 100% of the proceeds from this event will be donated to the PEAC program.

Eat Right, Bite by Bite - Hilary Edwards, RD **CHE**

Mon 3/16 6:30-7:30pm FREE

Make every bite count! Learn how to choose nutrient dense food and the benefits of adding them to your diet.

Water Safety - Kaitlynn Schuster, ACSM EP-C **DEX**

Wed 4/8 6:30-7:30pm FREE

Learn how to stay safe around water. We will discuss some water safety rules, the danger of drains, and how to prevent recreational water illnesses.

An Eye Towards Retirement: Non-Financial **DEX**

Retirement Planning - Doreen M. Murasky, LMSW, ACSW

Wed 4/29 6:30-8:30pm 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.

FITNESS CLASSES

Adaptable Movement **DEX**

Sat 1/11-2/29	2:15-3:15pm	FEE \$56	MEM \$40
Sat 3/7-4/25	2:15-3:15pm	FEE \$56	MEM \$40

Beginning Ballroom Dance for Couples **DEX**

Mon 1/6-2/10	7:30-8:30pm	FEE \$72/cpl	MEM \$60/cpl
Mon 2/24-3/30	7:30-8:30pm	FEE \$72/cpl	MEM \$60/cpl

Ballroom Review & More For Experienced Couples **DEX**

Thur 1/9-2/13	7:30-8:30pm	FEE \$72/cpl	MEM \$60/cpl
Thur 2/27-4/2	7:30-8:30pm	FEE \$72/cpl	MEM \$60/cpl

Chair Zumba® Gold **CHE**

Thur 1/9-2/27	12:00-1:00pm	FEE \$64	MEM FREE
Thur 3/5-4/2	12:00-1:00pm	FEE \$64	MEM FREE

High Fitness® **CHE**

Mon 1/6-2/24	5:45-6:45pm	FEE \$72	MEM FREE
Mon 3/2-4/20	5:45-6:45pm	FEE \$72	MEM FREE

Intro To Pickleball **DEX**

Tue 1/7-1/28	10:30am-12:00pm	FEE \$60	MEM \$40
Wed 2/19-3/11	5:30-7:00pm	FEE \$60	MEM \$40
Tue 4/7-4/28	10:30am-12:00pm	FEE \$60	MEM \$40

Intermediate Pickleball **DEX**

Wed 1/8-1/29	5:30-7:00pm	FEE \$60	MEM \$40
Tue 2/18-3/10	10:30am-12:00pm	FEE \$60	MEM \$40
Wed 4/8-4/29	5:30-7:00pm	FEE \$60	MEM \$40

Line Dancing **CHE**

Thur 1/9-2/27	1:15-2:15pm	FEE \$64	MEM FREE
Thur 3/5-4/23	1:15-2:15pm	FEE \$64	MEM FREE

Strengthening for Osteoporosis **CHE**

Wed 1/8-2/26	12:00-1:00pm	FEE \$88	MEM \$80
Wed 3/4-4/22	12:00-1:00pm	FEE \$88	MEM \$80

Tai Chi **CHE**

Thur 1/9-2/27	11:30am-12:30pm	FEE \$80	MEM FREE
Thur 3/5-4/23	11:30am-12:30pm	FEE \$80	MEM FREE

Tai Chi **DEX**

Thur 1/9-2/27	1:00-2:00pm	FEE \$80	MEM FREE
Thur 3/5-4/23	1:00-2:00pm	FEE \$80	MEM FREE

AQUA BOARD WORKSHOPS

FloatFit Circuit **DEX**

Sat 1/11	1:00-1:30pm	FEE \$30	MEM \$25
Sat 1/11	1:30-2:00pm	FEE \$30	MEM \$25

FloatFit Fusion **DEX**

Sat 2/8	1:00-1:30pm	FEE \$30	MEM \$25
Sat 2/8	1:30-2:00pm	FEE \$30	MEM \$25

FloatFit Tabata **DEX**

Sat 3/7	1:00-1:30pm	FEE \$30	MEM \$25
Sat 3/7	1:30-2:00pm	FEE \$30	MEM \$25

FloatFit Summit **DEX**

Sat 4/18	1:00-1:30pm	FEE \$30	MEM \$25
Sat 4/18	1:30-2:00pm	FEE \$30	MEM \$25

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



SMALL GROUP PERSONAL TRAINING

Functional Strength & Balance for Seniors (60+) **DEX**

Wed 1/8-1/29	11:00-11:45am	FEE \$75	MEM \$60
Wed 3/4-3/25	11:00-11:45am	FEE \$75	MEM \$60

Rowing Concepts 101 **DEX**

Wed 1/8-1/29	7:00-8:00pm	FEE \$88	MEM \$68
Wed 3/4-3/25	7:00-8:00pm	FEE \$88	MEM \$68
Wed 4/1-4/22	7:00-8:00pm	FEE \$88	MEM \$68

Small Group Function Training **CHE**

Wed & Fri	8:30-9:30am	Drop in: \$35	
Mon & Wed	7:00-8:00pm	4 Sessions: \$30 per session	
Tue & Thur	12:00-1:00pm	8 Sessions: \$28 per session	

Youth Agility Bootcamp **DEX**

Tue 1/7-1/28	4:00-5:00pm	FEE \$40	MEM \$40
Tue 2/4-2/25	4:00-5:00pm	FEE \$40	MEM \$40
Tue 3/10-3/31	4:00-5:00pm	FEE \$40	MEM \$40
Tue 4/7-4/28	4:00-5:00pm	FEE \$40	MEM \$40

PILATES CLASSES

Small Group Reformer Classes **DEX**

Thur 1/9-1/30	9:00-10:00am	FEE \$112	MEM \$100
Thur 2/6-2/27	9:00-10:00am	FEE \$112	MEM \$100
Thur 3/5-3/26	9:00-10:00am	FEE \$112	MEM \$100
Thur 4/9-4/30	9:00-10:00am	FEE \$112	MEM \$100
Sat 1/4-1/25	8:00-9:00am	FEE \$112	MEM \$100
Sat 1/4-1/25	10:00-11:00am	FEE \$112	MEM \$100
Sat 1/4-1/25	11:00am-12:00pm	FEE \$112	MEM \$100
Sat 2/1-2/29*	8:00-9:00am	FEE \$112	MEM \$100
Sat 2/1-2/29*	10:00-11:00am	FEE \$112	MEM \$100
Sat 2/1-2/29*	11:00am-12:00pm	FEE \$112	MEM \$100
Sat 3/7-3/28	8:00-9:00am	FEE \$112	MEM \$100
Sat 3/7-3/28	10:00-11:00am	FEE \$112	MEM \$100
Sat 3/7-3/28	11:00am-12:00pm	FEE \$112	MEM \$100
Sat 4/4-4/25	8:00-9:00am	FEE \$112	MEM \$100
Sat 4/4-4/25	10:00-11:00am	FEE \$112	MEM \$100
Sat 4/4-4/25	11:00am-12:00pm	FEE \$112	MEM \$100

*No Class 2/15

Equestrian Pilates **CHE**

Tues 1/14-2/4	7:00-8:00pm	FEE \$56	MEM \$48
Tues 2/11-3/10*	7:00-8:00pm	FEE \$56	MEM \$48
Tues 3/17-4/7	7:00-8:00pm	FEE \$56	MEM \$48
Thur 1/16-2/6	10:30-11:30am	FEE \$56	MEM \$48
Thur 2/13-3/12**	10:30-11:30am	FEE \$56	MEM \$48
Thur 3/19-4/9	10:30-11:30am	FEE \$56	MEM \$48

*No Class 3/3, **No Class 3/5

ONGOING COMMUNITY EVENTS

Mindful Dexter **DEX**

A FREE guided mindfulness meditation practice in a community setting.

Second Saturdays of each month, Dexter District Library 9:30-10:30am

Third Thursdays of each month, 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**

AQUA CLASSES

Aquacize with Arthritis **CHE**

Fri 1/10-2/28	12:00-1:00pm	FEE \$64	MEM FREE
Fri 3/6-4/24	12:00-1:00pm	FEE \$64	MEM FREE

Aquacize with Arthritis **DEX**

Tue 1/7-2/25	11:30am-12:30pm	FEE \$64	MEM FREE
Tue 3/3-4/21	11:30am-12:30pm	FEE \$64	MEM FREE
Thur 1/9-2/27	11:30am-12:30pm	FEE \$64	MEM FREE
Thur 3/5-4/23	11:30am-12:30pm	FEE \$64	MEM FREE

Aqua Yoga **DEX**

Tue 1/7-2/25	10:00-11:00am	FEE \$64	MEM FREE
Tue 3/3-4/21	10:00-11:00am	FEE \$64	MEM FREE

Beginner Swim – Adult **CHE**

Thur 1/9-2/27	8:30-9:30am	FEE \$88	MEM \$72
Thur 3/5-4/23*	8:30-9:30am	FEE \$88	MEM \$72

*No class 4/2

Beginner Swim – Adult **DEX**

Wed 1/8-2/12	8:30-9:30am	FEE \$72	MEM \$54
Wed 2/19-3/25	8:30-9:30am	FEE \$72	MEM \$54
Wed 4/8-5/13	8:30-9:30am	FEE \$72	MEM \$54

Master Swim – Adult **CHE**

Mon 1/6-2/24	5:30-7:00am	FEE \$96	MEM \$72
Mon 3/2-4/27*	5:30-7:00am	FEE \$96	MEM \$72
Thur 1/9-2/27	5:30-7:00am	FEE \$96	MEM \$72
Thur 3/5-4/30*	5:30-7:00am	FEE \$96	MEM \$72

*No class 3/30 & 4/2

Master Swim – Adult **DEX**

Wed 1/8-2/12	5:30-7:00am	FEE \$72	MEM \$60
Wed 2/19-3/25	5:30-7:00am	FEE \$72	MEM \$60
Wed 4/8-5/13	5:30-7:00am	FEE \$72	MEM \$60

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

Tues 1/7-2/25	3:45-4:15pm	FEE \$88	MEM \$64
Tues 1/7-2/25	4:15-4:45pm	FEE \$88	MEM \$64
Tues 3/3-4/28*	3:15-4:15pm	FEE \$88	MEM \$64
Tues 3/3-4/28*	4:15-4:45pm	FEE \$88	MEM \$64

*No Class 3/31

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

Mon 1/6-1/27	4:30-5:00pm	FEE \$44	MEM \$32
Mon 2/3-2/24	4:30-5:00pm	FEE \$44	MEM \$32
Mon 3/9-3/30	4:30-5:00pm	FEE \$44	MEM \$32
Mon 4/6-4/27	4:30-5:00pm	FEE \$44	MEM \$32

Preschool Swim Level 2 (3-6 yrs. Old) **DEX**

Mon 1/6-1/27	5:00-5:30pm	FEE \$44	MEM \$32
Mon 2/3-2/24	5:00-5:30pm	FEE \$44	MEM \$32
Mon 3/9-3/30	5:00-5:30pm	FEE \$44	MEM \$32
Mon 4/6-4/27	5:00-5:30pm	FEE \$44	MEM \$32

Water Babies (6m-1.5 yrs. Old) **CHE**

Mon 1/6-2/24	8:30-9:00am	FEE \$56	MEM \$40
Mon 3/2-4/27*	8:30-9:00am	FEE \$56	MEM \$40

*No Class 3/30

Water Babies (1-2 yrs. Old) **DEX**

Mon 1/6-1/27	4:00-4:30pm	FEE \$28	MEM \$20
Mon 2/3-2/24	4:00-4:30pm	FEE \$28	MEM \$20
Mon 3/9-3/30	4:00-4:30pm	FEE \$28	MEM \$20
Mon 4/6-4/27	4:00-4:30pm	FEE \$28	MEM \$20

Water Toddlers (1.5-3 yrs. Old) **CHE**

Mon 1/6-2/24	9:00-9:30am	FEE \$56	MEM \$40
Mon 3/2-4/27*	9:00-9:30am	FEE \$56	MEM \$40

*No Class 3/30

MINDFUL CLASSES

Chair Yoga **DEX**

Tue 1/7-3/10*	10:30-11:45am	FEE \$90	MEM FREE
Tue 3/17-5/26**	10:30-11:45am	FEE \$100	MEM FREE

*No Class 2/4, **No Class 3/31

Lunar Flow Yoga **CHE**

Wed 1/8-2/26	5:30-6:30pm	FEE \$72	MEM FREE
Wed 3/4-4/22	5:30-6:30pm	FEE \$72	MEM FREE

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