



# Fall 2021

## Community Programs at Chelsea and Dexter Wellness Centers

### COMMUNITY EDUCATION

#### Healthy Eating 101 – (6-week virtual series)

Thurs 9/16 – 10/21 6:30-7:30pm FEE \$60 MEM \$54 **CHE**  
*There's so much information out there about what is healthy and what is not. This class will help cut through all that and get to the basics of what is a healthy diet and what you need to improve your overall health. Discussion will also include foods that will help with inflammation, brain health, and weight loss. Note: This series is hosted virtually, you must have access to Zoom to participate.*

#### Women's Health and Fitness Day

Wed 9/29 Women workout for FREE **CHE/ DEX**

#### Equestrian Pilates Workshop

Tues 9/7 11am – 12pm FREE **CHE**  
 Tues 10/19 11am – 12pm FREE **CHE**  
*Be the athlete you expect your horse to be by learning the general Pilates principles to increase body awareness, improve posture, flexibility and balance.*

#### Mindfulness Meditation Workshop

Sun 10/3-10/24 11am – 12:30pm FEE \$60 MEM \$30 **DEX**

#### Matter of Balance – (8-week virtual series)

Tues 10/6-12/1 1:30pm – 3:30pm FREE **CHE**  
*Many older adults experience concerns of falling that could restrict their activities. A Matter of Balance is an award-winning program designed to reduce the fear of falling and increase activity levels. Note: This series is hosted virtually by the National Kidney Foundation, you must have access to Zoom to participate.*

#### Cooking Tips and Tricks – (6-week virtual series)

Thurs 11/4-12/9 6:30-7:30pm FEE \$60 MEM \$54 **CHE**  
*We all know that cooking from scratch is the best way to get healthy, but it can be difficult and time consuming. This course will discuss meal planning, easy ways to cook delicious and satisfying meals, how to please the picky eater, and what exactly is a balanced meal. Discussion will also include the best snacks to fuel your day. Note: This series is hosted virtually, you must have access to Zoom to participate.*

#### Game of Go

Saturdays FREE **DEX**  
*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.*

### FITNESS CLASSES

#### Equestrian Pilates

Tues 9/14-10/12 11:00 am – 12:00 pm FEE \$65 MEM \$60 **CHE**  
 Tues 10/26-11/23 11:00 am – 12:00 pm FEE \$65 MEM \$60 **CHE**

#### Chair Yoga

Fri 9/10-10/29 10:30am – 11:30am FEE \$72 **CHE**  
 Fri 11/5-12/17\* 10:30am – 11:30am FEE \$54 **CHE**  
 \*No class 11/26

#### Line Dancing

Thurs 9/9-10/28 1:15pm – 2:15pm FEE \$72 **CHE**  
 Thurs 11/4-12/16\* 1:15pm – 2:15pm FEE \$54 **CHE**  
 \*No class 11/25

#### BodyPump™

Sat 9/11-10/30 7:10am-8:10 am FEE \$72 **CHE**  
 Sat 11/6-12/18 7:10am-8:10 am FEE \$63 **CHE**

#### Lunar Flow Yoga

Wed 9/8-10/27 5:30pm – 6:30pm FEE \$72 **CHE**  
 Wed 11/3-12/22\* 5:30pm – 6:30pm FEE \$63 **CHE**  
 \*No Class 11/24

#### Pilate Reformer

Thurs 9/2-9/23 8:30am-9:30am FEE \$112 MEM \$100 **DEX**  
 Thurs 9/30-10/21 8:30am-9:30am FEE \$112 MEM \$100 **DEX**  
 Thurs 10/28-11/18 8:30am-9:30am FEE \$112 MEM \$100 **DEX**  
 Thurs 12/2-12/23 8:30am-9:30am FEE \$112 MEM \$100 **DEX**  
 Sat 9/4-9/25 10:00am – 11:00am FEE \$112 MEM \$100 **DEX**  
 Sat 10/2-10/23 10:00am – 11:00am FEE \$112 MEM \$100 **DEX**  
 Sat 10/30-11/20 10:00am – 11:00am FEE \$112 MEM \$100 **DEX**

#### Pickleball Intro Class

Wed/Fri 9/15-9/24 9:00am - 10:00am FEE \$40 **DEX**  
 Wed/Fri 10/6-10/15 5:00pm - 6:00pm FEE \$40 **DEX**

#### Pickleball Intermediate Class

Wed/Fri 9/15-9/24 5:00pm – 6:00pm FEE \$40 **DEX**  
 Wed/Fri 10/6-10/15 9:00am - 10:00am FEE \$40 **DEX**  
 Wed/Fri 11/3-11/19 9:00am - 10:00am FEE \$40 **DEX**

### SMALL GROUP PERSONAL TRAINING

#### Strengthening Your Posture

Tues 9/7-9/28 11:00am – 12:00pm FEE \$56 MEM \$52 **CHE**  
 Tues 10/5-10/26 11:00am – 12:00pm FEE \$56 MEM \$52 **CHE**  
 Tues 11/2-11/23 11:00am – 12:00pm FEE \$56 MEM \$52 **CHE**

#### TRX Functional Training

Fri 9/10-9/24 9:00am-10:00am FEE \$45 MEM \$37.50 **DEX**  
 Fri 10/8-10/29 9:00am-10:00am FEE \$60 MEM \$50 **DEX**

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

MEM = Chelsea or Dexter Wellness Center Member  
 Senior = 60+

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

\*Scholarships Available

