



SPRING/SUMMER 2022

Community Programs at Chelsea and Dexter Wellness Centers

COMMUNITY EDUCATION

Why Strong Posture Is Important

Brenda Ardelean, ACSM-CPT, NASM-CES

Improve your posture and reduce or prevent chronic back pain. Understanding the need to focus on strengthening your back, shoulder, and core muscles, which are all essential to standing with proper posture and preventing lower back pain.

In person or virtual option:

Thurs 5/19 12:00 pm – 1:00 pm FREE CHE

Relax and Roll Workshop

Stephanie Oldre, Pilates Trainer-MOVE/Personal Trainer-NETA

In this 2 hour workshop we will release stress and tension from your hands to your feet and everywhere in between using simple self-massage techniques targeting trigger points and high tension areas to help reduce aches and pain and improve mobility.

Fri 5/20 4:30 pm - 6:30 pm FREE DEX
Fri 6/10 4:30 pm - 6:30 pm FREE DEX

Senior Health and Fitness Day

Wed 5/25

Seniors workout FREE at any Center on Wednesday 5/25

CHE/DEX/STK

Chair Yoga	10:30 am	FREE	CHE
Cardio Strength Lite!	10:30 am	FREE	DEX
Zumba Gold®	9:15 am	FREE	STK

Men's Health & Fitness

June 13-19 Week

Men workout for FREE at any Center during the week!

Call the Center for more details

Sharpening the Mind in Sport and Exercise

Thomas Bishop, Psy.D.

Getting the most from exercise and training depends upon building a strong mind. Come and learn how mind and body work together for getting the most from exercise and training for competition in sports. We will explore together cognitive and behavioral strategies that allow one to get more from their work outs and lead to greater health. Topics such as barriers to better exercise, strengthening confidence, and how to set goals that are achievable will be addressed. This interactive talk is for those who may simply want to address their overall health to those who are looking for a "PR", improved performance, or to take their training to the next level.

Tues 6/14 6:00 pm - 7:00 pm FREE CHE

COMMUNITY EDUCATION

Scholarship Opportunities

Wellness Center 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

Mon/Wed/Fri 1:30 pm – 3:00 pm \$129/month CHE

A non-contact boxing-based fitness program designed to minimize the effects of Parkinson's disease and improve activities of daily living. Call for more information. 734-214-0220

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.

FREE SUMMER OUTDOOR YOGA

Please bring your own yoga mat or towel

Yoga in the Park- Dexter

Mill Creek Park

Sat 6/4- 8/27 8:00 am - 9:00 am*

Yoga on the Lawn – Chelsea

Chelsea Library

Sat 6/4- 8/27 10:00 am – 11:00 am*

Yoga at the Lake – Grass Lake

Grass Lake County Park

Sat 6/4- 8/27 10:00 am – 11:00 am*

*Weather/Instructor permitting. Visit the Wellness Centers social media pages for up to date information.

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



FITNESS CLASSES

Cardio Strength

Tues 5/3- 5/24	8:30 am – 9:30 am	FEE \$32	CHE
Tues 6/7- 6/28	8:30 am – 9:30 am	FEE \$32	CHE
Tues 7/12- 8/2	8:30 am – 9:30 am	FEE \$32	CHE
Tues 8/9- 8/30	8:30 am – 9:30 am	FEE \$32	CHE

BodyPump™

Tues 5/3- 5/24	6:00 pm – 7:00 pm	FEE \$32	CHE
Tues 6/7- 6/28	6:00 pm – 7:00 pm	FEE \$32	CHE
Tues 7/12- 8/2	6:00 pm – 7:00 pm	FEE \$32	CHE
Tues 8/9- 8/30	6:00 pm – 7:00 pm	FEE \$32	CHE

Lunar Flow Yoga

Wed 5/4- 5/25	5:30 pm – 6:30 pm	FEE \$32	CHE
Wed 6/8- 6/29	5:30 pm – 6:30 pm	FEE \$32	CHE
Wed 7/13- 8/3	5:30 pm – 6:30 pm	FEE \$32	CHE
Wed 8/10- 8/31	5:30 pm – 6:30 pm	FEE \$32	CHE

HIIT

Mon 5/2- 5/23	3:30 pm – 4:15 pm	FEE \$32	DEX
Mon 6/6- 6/27	3:30 pm – 4:15 pm	FEE \$32	DEX
Mon 7/11- 8/1	3:30 pm – 4:15 pm	FEE \$32	DEX
Mon 8/8- 8/29	3:30 pm – 4:15 pm	FEE \$32	DEX

Wed 5/4- 5/25	3:30 pm – 4:15 pm	FEE \$32	DEX
Wed 6/8- 6/29	3:30 pm – 4:15 pm	FEE \$32	DEX
Wed 7/13- 8/3	3:30 pm – 4:15 pm	FEE \$32	DEX
Wed 8/10- 8/31	3:30 pm – 4:15 pm	FEE \$32	DEX

Fundamentals of Vinyasa

Wed 5/4- 5/25	9:30 am – 10:30 pm	FEE \$32	DEX
Wed 6/8- 6/29	9:30 am – 10:30 pm	FEE \$32	DEX
Wed 7/13- 8/3	9:30 am – 10:30 pm	FEE \$32	DEX
Wed 8/10- 8/31	9:30 am – 10:30 pm	FEE \$32	DEX

Adaptable Movement

Wed 5/4- 5/25	3:45 pm - 4:45 pm	FEE \$28	DEX
Wed 6/8- 6/29	3:45 pm - 4:45 pm	FEE \$28	DEX
Wed 7/13- 8/3	3:45 pm - 4:45 pm	FEE \$28	DEX

Pickleball Intro Class

Tues/Thurs 5/3- 5/12	10:00 am – 11:00 am	FEE \$40 MEM \$40	DEX
Tues/Thurs 5/24- 6/2	10:00 am – 11:00 am	FEE \$40 MEM \$40	DEX
Tues/Thurs 6/7- 6/16	10:00 am – 11:00 am	FEE \$40 MEM \$40	DEX

AQUA CLASSES

Aqua Zumba

Wed 5/4- 5/25	10:45 am – 11:45 am	FEE \$32	CHE
Wed 6/8- 6/29	10:45 am – 11:45 am	FEE \$32	CHE
Wed 7/13- 8/3	10:45 am – 11:45 am	FEE \$32	CHE
Wed 8/10- 8/31	10:45 am – 11:45 am	FEE \$32	CHE

SMALL GROUP PERSONAL TRAINING

Pilates Reformer

Mon 5/2- 5/23	4:00 pm – 5:00 pm	FEE \$128 MEM \$112	DEX
Mon 6/6- 6/27	4:00 pm – 5:00 pm	FEE \$128 MEM \$112	DEX
Mon 7/11- 8/1	4:00 pm – 5:00 pm	FEE \$128 MEM \$112	DEX

Wed 5/4- 5/25	6:00 pm – 7:00 pm	FEE \$128 MEM \$112	DEX
Wed 6/8 - 6/29	6:00 pm – 7:00 pm	FEE \$128 MEM \$112	DEX
Wed 7/13- 8/3	6:00 pm – 7:00 pm	FEE \$128 MEM \$112	DEX

Wed 6/1- 6/22	12:00 pm – 1:00 pm	FEE \$128 MEM \$112	DEX
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Thurs 5/5- 5/26	8:30 am – 9:30 am	FEE \$128 MEM \$112	DEX
Thurs 5/5- 5/26	9:30 am – 10:30 am	FEE \$128 MEM \$112	DEX
Thurs 6/2 - 6/23	8:30 am – 9:30 am	FEE \$128 MEM \$112	DEX
Thurs 6/2- 6/23	9:30 am – 10:30 am	FEE \$128 MEM \$112	DEX
Thurs 7/7- 7/28	8:30 am – 9:30 pm	FEE \$128 MEM \$112	DEX
Thurs 7/7- 7/28	9:30 am – 10:30 am	FEE \$128 MEM \$112	DEX
Thurs 8/11 & 8/18	8:30 am – 9:30 am	FEE \$64 MEM \$56	DEX
Thurs 8/11 & 8/18	9:30 am – 10:30 am	FEE \$64 MEM \$56	DEX

Sat 5/7- 5/28	10:00 am – 11:00 am	FEE \$128 MEM \$112	DEX
Sat 5/7- 5/28	11:00 am – 12:00 pm	FEE \$128 MEM \$112	DEX
Sat 5/7- 5/28	12:00 pm – 1:00 pm	FEE \$128 MEM \$112	DEX
Sat 6/4- 6/18	10:00 am – 11:00 am	FEE \$96 MEM \$84	DEX
Sat 6/4- 6/18	11:00 am – 12:00 pm	FEE \$96 MEM \$84	DEX
Sat 6/4- 6/18	12:00 pm – 1:00 pm	FEE \$96 MEM \$84	DEX
Sat 7/9- 7/30	10:00 am – 11:00 am	FEE \$128 MEM \$112	DEX
Sat 7/9- 7/30	11:00 am – 12:00 pm	FEE \$128 MEM \$112	DEX
Sat 7/9- 7/30	12:00 pm – 1:00 pm	FEE \$128 MEM \$112	DEX
Sat 8/13 & 8/20	10:00 am – 11:00 am	FEE \$64 MEM \$56	DEX
Sat 8/13 & 8/20	11:00 am – 12:00 pm	FEE \$64 MEM \$56	DEX
Sat 8/13 & 8/20	12:00 pm – 1:00 pm	FEE \$64 MEM \$56	DEX

Strengthening Your Posture

Tues 5/3- 5/24	12:00 pm – 1:00 pm	FEE \$56 MEM \$52	CHE
Tues 7/5- 7/26	12:00 pm – 1:00 pm	FEE \$56 MEM \$52	CHE
Tues 8/2- 8/23	12:00 pm – 1:00 pm	FEE \$56 MEM \$52	CHE

TRX Fundamentals of TRX/Aqua Board Combo

Fri 5/6- 5/27	9:00 am – 10:00 am	FEE \$50 MEM \$50	DEX
Fri 6/10- 7/1	9:00 am – 10:00 am	FEE \$50 MEM \$50	DEX
Fri 7/15- 8/5	9:00 am – 10:00 am	FEE \$50 MEM \$50	DEX

Gear up for Sports (Ages 12-17)

Mon-Thurs 8/1-8/4	9:00 am – 10:00 am	FEE \$36 MEM \$24	DEX
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