



Fall 2022 Community Programs at Chelsea and Dexter Wellness Centers

COMMUNITY EDUCATION

How Strength Training Can Help Build a Healthier Body As We Age

Brianna Shepherd, B.S. Sports Management

As we age we should not settle for "I can't do this anymore" Learn how to use functional everyday activities in your strength training routine to help maintain as we age.

In person or virtual option:

Mon 9/12 1:00 pm – 1:45 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.

Wed	9/21	4:30 pm - 6:30 pm	\$10.00	DEX
Fri	10/14	4:30 pm - 6:30 pm	\$10.00	DEX
Sun	11/20	10:00 am - 12:00 pm	\$10.00	DEX
Wed	12/21	4:30 pm - 6:30 pm	\$10.00	DEX

*Must be able to get on the floor

Women's Health and Fitness Day

Women work out for free all day- Wednesday, September 28
Women will have access to our state-of-the-art facility including the fitness floor, pools, classes, and more!

Appetizers and Art

Join us for a night of appetizers and art.

Register by calling the Chelsea Wellness Center at 734-214-0220.

Available to both members and non-members

Wed 9/28 5:30pm- 7:00pm **CHE**

Self Defense Class

Len Niehoff, Third Degree Black Belt in Tae Kwon Do
This ninety-minute session introduces women to basic strategies for personal self-defense. The course is conducted by longtime Wellness Center member Len Niehoff who has studied martial arts and has trained hundreds of women in these techniques. Len will be joined by Alison Mondul, Second Degree Black Belt in Tae Kwon DO. The course is designed to be fun and memorable and to work for women with a wide variety of fitness levels. Participants should wear comfortable athletic clothing, athletic shoes, and no jewelry.

Wed 10/5 5:30pm FREE **CHE**

Limit to 15 participants call 734-214-0220 to register

COMMUNITY EDUCATION

Transitioning to Indoor Winter Workouts

Shaun Turkelson, ACE Certified Personal Trainer, MS Sports Science

Luisa Pelayo, Fitness Specialist, NASM Certified Personal Trainer

Learn how the Wellness Center offerings can help you to transition into indoor workouts for the winter.

Wed 10/12 6:30pm FREE **DEX**

Call 734-580-2500 to register

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.

FITNESS CLASSES

Strength & Conditioning

Mon 9/12- 10/31	4:15 pm – 5:30 pm	FEE \$72	CHE
Mon 11/7- 12/19	4:15 pm – 5:30 pm	FEE \$63	CHE

Chair Yoga

Tues 9/6- 10/25	10:30 am – 11:30 am	FEE \$72	CHE
Tues 11/8- 12/20	10:30 am – 11:30 am	FEE \$63	CHE

Adaptable Movement

Wed 9/7- 10/12	3:45 pm - 4:45 pm	FEE \$42	DEX
Wed 10/26- 11/30	3:45 pm - 4:45 pm	FEE \$42	DEX
Wed 12/7- 12/28	3:45 pm - 4:45 pm	FEE \$28	DEX

Lunar Flow Yoga

Wed 9/7- 10/26	5:30 pm – 6:30 pm	FEE \$72	CHE
Wed 11/2- 12/14	5:30 pm – 6:30 pm	FEE \$63	CHE

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

Line Dancing

Thurs 9/8- 10/27 1:15 pm – 2:15 pm FEE \$72 **CHE**
 Thurs 11/3- 12/15* 1:15 pm – 2:15 pm FEE \$54 **CHE**

*No Class on 11/24

WERQ

Thurs 9/8- 10/27 6:30 pm – 7:30 pm FEE \$72 **DEX**
 Thurs 11/3- 12/15* 6:30 pm – 7:30 pm FEE \$54 **DEX**

*No Class on 11/24

Gentle Yoga & Guided Meditation

Thurs 9/8- 10/27 5:30 pm – 6:30 pm FEE \$72 **DEX**
 Thurs 11/3- 12/15* 5:30 pm – 6:30 pm FEE \$54 **DEX**

*No Class on 11/24

Aqua Power

Sat 9/10- 10/29 8:30 am – 9:30 am FEE \$72 **DEX**
 Sat 11/5- 12/17 8:30 am – 9:30 am FEE \$63 **DEX**

BodyPump™

Sat 9/10- 10/29 8:30 am – 9:30 am FEE \$72 **CHE**
 Sat 11/5- 12/17 8:30 am – 9:30 am FEE \$63 **CHE**

AQUA CLASSES

Water Babies

Tues 9/6– 9/27 3:30 pm – 4:00 pm FEE \$32 MEM \$28 **CHE**
 Tues 10/4– 10/25 3:30 pm – 4:00 pm FEE \$32 MEM \$28 **CHE**
 Tues 11/1– 11/22 3:30 pm – 4:00 pm FEE \$32 MEM \$28 **CHE**
 Tues 11/29– 12/20 3:30 pm – 4:00 pm FEE \$32 MEM \$28 **CHE**

Thurs 9/1– 9/29 3:30 pm – 4:00 pm FEE \$40 MEM \$35 **CHE**
 Thurs 10/13– 11/10 3:30 pm – 4:00 pm FEE \$40 MEM \$35 **CHE**
 Thurs 11/17– 12/15* 3:30 pm – 4:00 pm FEE \$32 MEM \$28 **CHE**

*No Class on 11/24

Preschool Swim

Tues 9/6– 9/27 4:00 pm – 4:30 pm FEE \$32 MEM \$28 **CHE**
 Tues 10/4– 10/25 4:00 pm – 4:30 pm FEE \$32 MEM \$28 **CHE**
 Tues 11/1– 11/22 4:00 pm – 4:30 pm FEE \$32 MEM \$28 **CHE**
 Tues 11/29– 12/20 4:00 pm – 4:30 pm FEE \$32 MEM \$28 **CHE**

Thurs 9/1– 9/29 4:00 pm – 4:30 pm FEE \$40 MEM \$35 **CHE**
 Thurs 10/13– 11/10 4:00 pm – 4:30 pm FEE \$40 MEM \$35 **CHE**
 Thurs 11/17– 12/15* 4:00 pm – 4:30 pm FEE \$32 MEM \$28 **CHE**

*No Class on 11/24

School Age (K-5th) Swim

Tues 9/6– 9/27 4:35 pm – 5:05 pm FEE \$32 MEM \$28 **CHE**
 Tues 10/4– 10/25 4:35 pm – 5:05 pm FEE \$32 MEM \$28 **CHE**
 Tues 11/1– 11/22 4:35 pm – 5:05 pm FEE \$32 MEM \$28 **CHE**
 Tues 11/29– 12/20 4:35 pm – 5:05 pm FEE \$32 MEM \$28 **CHE**

Thurs 9/1– 9/29 4:35 pm – 5:05 pm FEE \$40 MEM \$35 **CHE**
 Thurs 10/13– 11/10 4:35 pm – 5:05 pm FEE \$40 MEM \$35 **CHE**
 Thurs 11/17– 12/15* 4:35 pm – 5:05 pm FEE \$32 MEM \$28 **CHE**

*No Class on 11/24

Adult Swim

Tues 9/6 – 9/27 5:15 pm – 6:15 pm FEE \$64 MEM \$56 **CHE**
 Tues 10/4– 10/25 5:15 pm – 6:15 pm FEE \$64 MEM \$56 **CHE**
 Tues 11/1– 11/22 5:15 pm – 6:15 pm FEE \$64 MEM \$56 **CHE**
 Tues 11/29– 12/20 5:15 pm – 6:15 pm FEE \$64 MEM \$56 **CHE**

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 = 80+
 Registration required for all events. Please call to register or for more information.

*Scholarships Available

SMALL GROUP PERSONAL TRAINING

Pilates Reformer

Mon 9/12- 10/3 6:00 pm – 7:00 pm FEE \$128 MEM \$112 **DEX**

Tues 9/6 & 9/13 11:30 pm – 12:30 pm FEE \$64 MEM \$56 **DEX**

Thurs 9/1 & 9/8 8:30 am – 9:30 am FEE \$64 MEM \$56 **DEX**

Thurs 9/1 & 9/8 9:30 am – 10:30 am FEE \$64 MEM \$56 **DEX**

Thurs 9/15 & 9/22 8:30 am – 9:30 am FEE \$64 MEM \$56 **DEX**

Thurs 9/15 & 9/22 9:30 am – 10:30 am FEE \$64 MEM \$56 **DEX**

Thurs 10/6 & 10/13 8:30 am – 9:30 pm FEE \$64 MEM \$56 **DEX**

Thurs 10/6 & 10/13 9:30 am – 10:30 am FEE \$64 MEM \$56 **DEX**

Thurs 11/3 & 11/10 8:30 am – 9:30 am FEE \$64 MEM \$56 **DEX**

Thurs 11/3 & 11/10 9:30 am – 10:30 am FEE \$64 MEM \$56 **DEX**

Thurs 11/17 & 12/1 8:30 am – 9:30 am FEE \$64 MEM \$56 **DEX**

Thurs 11/17 & 12/1 9:30 am – 10:30 am FEE \$64 MEM \$56 **DEX**

Thurs 12/8 & 12/15 8:30 am – 9:30 am FEE \$64 MEM \$56 **DEX**

Thurs 12/8 & 12/15 9:30 am – 10:30 am FEE \$64 MEM \$56 **DEX**

Sat 9/3 & 9/10 10:00 am – 11:00 am FEE \$64 MEM \$56 **DEX**

Sat 9/3 & 9/10 11:00 am – 12:00 pm FEE \$64 MEM \$56 **DEX**

Sat 10/8 & 10/15 10:00 am – 11:00 pm FEE \$64 MEM \$56 **DEX**

Sat 10/8 & 10/15 11:00 am – 12:00 pm FEE \$64 MEM \$56 **DEX**

Sat 11/12 & 11/19 10:00 am – 11:00 pm FEE \$64 MEM \$56 **DEX**

Sat 11/12 & 11/19 11:00 am – 12:00 pm FEE \$64 MEM \$56 **DEX**

Sat 12/3 & 12/10 10:00 am – 11:00 pm FEE \$64 MEM \$56 **DEX**

Sat 12/3 & 12/10 11:00 am – 12:00 pm FEE \$64 MEM \$56 **DEX**

Strengthening Your Posture

Tues 9/6- 9/27 12:00 pm – 1:00 pm FEE \$60 MEM \$56 **CHE**

Tues 10/4- 10/25 12:00 pm – 1:00 pm FEE \$60 MEM \$56 **CHE**

Tues 11/1- 11/22 12:00 pm – 1:00 pm FEE \$60 MEM \$56 **CHE**

Equestrian Pilates

Tues 10/11- 11/15 6:30 pm – 7:30 pm FEE \$84 MEM \$72 **CHE**

Functional Movement and Balance

Tues 9/6- 9/27 1:15 pm – 2:15 pm FEE \$60 MEM \$56 **CHE**

Tues 10/4- 10/25 1:15 pm – 2:15 pm FEE \$60 MEM \$56 **CHE**

Tues 11/1- 11/22 1:15 pm – 2:15 pm FEE \$60 MEM \$56 **CHE**

Beginner Pickleball Class

Tues/Thurs 10/4- 10/13 10:00 am – 11:00 am FEE \$40 **DEX**

Tues/Thurs 10/25- 11/3 10:00 am – 11:00 am FEE \$40 **DEX**

Tues/Thurs 11/15- 11/29* 10:00 am – 11:00 am FEE \$40 **DEX**

Tues/Thurs 12/6- 12/15 10:00 am – 11:00 am FEE \$40 **DEX**

Tues/Thurs 10/25- 11/3 5:00 pm – 6:00 pm FEE \$40 **DEX**

*No Class on 11/24

Advanced Beginner/Refresher Pickleball Class

Tues/Thurs 10/4- 10/13 5:00 pm – 6:00 pm FEE \$40 **DEX**

Tues/Thurs 11/15- 11/29* 5:00 pm – 6:00 pm FEE \$40 **DEX**

Tues/Thurs 12/6- 12/15 5:00 pm – 6:00 pm FEE \$40 **DEX**

*No Class on 11/24

