



Winter 2024 Community Programs at Chelsea and Dexter Wellness Centers

COMMUNITY EDUCATION

Scholarship Opportunities

Wellness Center membership and Community Education 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

A non-contact boxing-based fitness program designed to minimize the effects of Parkinson's disease and improve activities of daily living.

Monday/Wednesday/Friday 1:30 pm – 3:00 pm \$129/month **CHE**
Call 734-214-0220 for more information.

Yoga for Parkinson's Disease

People with Parkinson's Disease have been shown to respond favorably to the practice of Yoga. This class is suitable for people with PD as well as their caregivers. While yoga cannot reverse PD, it can ease symptoms by improving core strength, flexibility, and balance. Yoga may also decrease stress and bring calm to a busy mind, allowing for deeper relaxation. In addition to postures, breathing techniques will be shared to apply anytime during your day that may help with one's symptoms. All levels are welcomed, modifications will be given.

Thursday 1/4-1/25 2:00 pm – 3:00 pm

Thursday 2/1-2/22 2:00 pm – 3:00 pm

Thursday 3/7-3/28 2:00 pm – 3:00 pm

Thursday 4/4-4/25 2:00 pm – 3:00 pm

CHE

MEM \$90 NON-MEM \$84

Game of Go

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.

Saturdays **FREE**

DEX

CPR Classes

Participants in this course will become certified as an American Red Cross Adult & Pediatric CPR & First Aid provider. This certificate will be valid for two years; this training is a blended learning course. Participants will learn how to recognize and care for sudden illness, cardiac, and respiratory emergencies in adults, children, and infants.

Please contact the Member Service Desk for more information on sessions/prices. **CHE/DEX**

St. Patrick's Day Indoor Triathlon

Try your luck at our indoor triathlon. 10-min swim, 15-min bike, and 15 min run. Individuals and teams welcome. 3/17 9:00am-1:00pm **DEX**

Please contact the Member Service Desk for more information on pricing.

SMALL GROUP PERSONAL TRAINING

Adaptable Movement

Wednesday 1/10- 2/14 3:45 pm – 4:45 pm

Wednesday 2/21- 3/27 3:45 pm – 4:45 pm

Wednesday 4/3- 5/8 3:45 pm – 4:45 pm

DEX

FEE \$42

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

SMALL GROUP PERSONAL TRAINING

Beginner Pickleball Class

This beginning clinic consists of four one-hour sessions.

It includes an overview of pickleball rules, court layout, equipment, strategy and game play. No previous pickleball experience is necessary.

Tuesday & Thursday 1/9-1/18 10:00 am – 11:00 am

Tuesday & Thursday 2/6-2/15 10:00 am – 11:00 am

Tuesday & Thursday 2/27-3/7 10:00 am – 11:00 am

Tuesday & Thursday 3/19-3/28 10:00 am – 11:00 am

DEX

FEE \$40

Pilates Reformer

Unlike mat Pilates, Reformer Pilates is performed on an intelligently designed piece of equipment with a system of springs and pulleys to provide resistance. This builds balanced strength and flexibility, working your body through its full range of motion. Pilates is a full body workout that aligns the body to allow you to do whatever else you want to do more efficiently.

Pilates can be modified to fit any body at any age or stage of life.

Registration Required. Please contact the Member Service Desk for more information on sessions/prices. **DEX**

Level 1

All Monday classes are individual sessions from 9:30 am – 10:30 am

1/15 1/29 2/12 2/26 3/11 3/25 4/8 4/22

Tuesday 1/9-1/30 8:30 am – 9:30 am

Tuesday 2/6-2/27 8:30 am – 9:30 am

Tuesday 3/5-3/19 8:30 am – 9:30 am

Tuesday 4/2-4/23 8:30 am – 9:30 am

Wednesday 1/10-1/31 12:00 pm – 1:00 pm

Wednesday 2/7-2/28 12:00 pm – 1:00 pm

Wednesday 3/6-3/20 12:00 pm – 1:00 pm

Wednesday 4/3-4/24 12:00 pm – 1:00 pm

Thursday 1/4-1/25 9:30 am – 10:30 am

Thursday 2/1-2/22 9:30 am – 10:30 am

Thursday 3/7-3/21 9:30 am – 10:30 am

Thursday 4/4-4/25 9:30 am – 10:30 am

Saturday 1/13-1/27 9:00 am – 10:00 am

10:00 am – 11:00 am

Saturday 2/10-2/24 9:00 am – 10:00 am

10:00 am – 11:00 am

Saturday 3/9-3/23 9:00 am – 10:00 am

10:00 am – 11:00 am

Saturday 4/6-4/20 9:00 am – 10:00 am

10:00 am – 11:00 am

Level 2 (Experience Required)

Wednesday 1/10-1/31 8:30 am – 9:30 am

Wednesday 2/7-2/28 8:30 am – 9:30 am

Wednesday 3/6-3/20 8:30 am – 9:30 am

Wednesday 4/3-4/24 8:30 am – 9:30 am

Thursday 1/4-1/25 8:30 am – 9:30 am

Thursday 2/1-2/22 8:30 am – 9:30 am

Thursday 3/7-3/21 8:30 am – 9:30 am

Thursday 4/4-4/25 8:30 am – 9:30 am



SMALL GROUP PERSONAL TRAINING

Training Your Pelvic Floor

This class improves the strength and mobility of the pelvic floor, effectively improving the function of multiple systems. Pelvic floor muscle training exercises can help strengthen the muscles under the uterus, bladder, and bowel. Members learn to contract and relax pelvic floor muscles relative to other muscles. They also learn breathing and timing techniques that make the exercises more effective. The exercises are designed to stretch tight muscles, strengthen weak muscles and boost flexibility. This class can help both men and women who have problems with urine leakage, bowel control, endometriosis, weak pelvic floor muscles, pre- and post-natal clients and menopause.

Thursday 2/29- 4/4 5:00 pm – 6:00 pm

Thursday 4/18- 5/23 5:00 pm – 6:00 pm

DEX

MEM \$84 NON-MEM \$90

Strengthening Your Posture

Improve your posture and reduce or prevent chronic back pain. These 4-week sessions will focus on strengthening your back, shoulder, and core muscles, which are all essential to standing with proper posture and preventing lower back pain.

Tuesday 1/9- 2/13 12:00 pm – 1:00 pm

Tuesday 2/27- 4/2 12:00 pm – 1:00 pm

Tuesday 4/16- 5/21 12:00 pm – 1:00 pm

CHE

MEM \$84 NON-MEM \$90

All About Balance

This class is designed to teach you how to maintain balance by strengthening the muscles that help keep you upright, including your legs and core. The focus is to improve stability and help prevent falls.

Thursday 1/11- 2/15 12:00 pm – 1:00 pm

Thursday 2/29- 4/4 12:00 pm – 1:00 pm

Thursday 4/18- 5/23 12:00 pm – 1:00 pm

DEX

MEM \$84 NON-MEM \$90

Strengthen With Your Core

The Strengthen Your Core Class will consist of overall strengthening of the core/abdominal muscles. Emphasis will be placed on core engagement, core stabilization and low back health. The goal of this class is to have a strong functional well-balanced core. Participants will learn how to break down their movement to engage their muscle and then advance their core as they progress.

Tuesday 1/9- 2/13 1:00 pm – 2:00 pm

Tuesday 2/27- 4/2 1:00 pm – 2:00 pm

Tuesday 4/16- 5/21 1:00 pm – 2:00 pm

CHE

MEM \$84 NON-MEM \$90

AQUA CLASSES

Please contact the Member Service Desk for more information on sessions/prices

Registration Deadline January - February: **January 2**

Registration Deadline March - April: **February 26**

No classes 3/24- 3/30

Water Babies

For toddlers ages 0 - 2 who need an adult to be with them in the water. This class will have a focus on water safety and will primarily feature songs and games. This will take place in the warm water pool. Min.3 Max. 10 participants

Thursday 1/11-2/22 & 3/7-4/25 6:00 pm – 6:30 pm

Saturday 1/13- 2/24 & 3/9-4/27 10:00am – 10:30 am

CHE

Monday 1/8- 2/19 & 3/4-4/22 4:00 pm – 4:30 pm

Friday 3/8- 4/26 4:00 pm – 4:30 pm

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AQUA CLASSES

Preschool Parent

Preschool Parent is for younger students, ages 3-5 who may need a parent's help in the water. Parents required to come dressed to get in the pool, but may choose to sit on the edge if their student is comfortable. This class will have a focus on water safety, floating, blowing bubbles, songs, and games. This class takes place in the warm pool.

Min.4 Max. 5 participants

Thursday 1/11- 2/22 & 3/7- 4/25 4:00 pm – 4:30 pm

CHE

Monday 1/8- 2/19 & 3/4- 4/22 4:40 pm – 5:10 pm

DEX

Level 1 Swim

For all students aged 4-10 who are not yet comfortable going under water. Class will focus on kicking, floating, blowing bubbles, and water safety. This class will take place in the warm pool. Parents not in the pool.

Min. 4 Max. 5 participants

Tuesday 1/9- 2/20 & 3/5- 4/23 4:00 pm – 4:30 pm

Thursday 1/11- 2/22 & 3/7- 4/25 4:40 pm – 5:10 pm

Saturday 1/13- 2/24 & 3/9- 4/27 10:40 am – 11:10 am

CHE

Monday 1/8- 2/19 & 3/4- 4/22 5:20 pm – 5:50 pm

Friday 1/12- 2/23 & 3/8- 4/26 4:40 pm – 5:10 pm

Saturday 1/13- 2/24 & 3/9- 4/27 8:40 am – 9:10am

DEX

Level 2 Swim

For students ages 5-12. Level 2 is for students who enthusiastically submerge underwater without plugging their nose. Students should be able to swim 3 feet on their front and float on their back for 10 seconds without assistance prior to enrollment. Students will learn the foundations for strokes such as freestyle and backstroke as well as water safety skills such as treading and survival floating. This class takes place in the warm pool. Parents not in the pool.

Min. 4 Max. 5 participants

Tuesday 1/9- 2/20 & 3/5- 4/23 4:40 pm – 5:10 pm

Thursday 1/11- 2/22 & 3/7- 4/25 5:20 pm – 5:50 pm

Saturday 1/13- 2/24 & 3/9- 4/27 11:20 pm – 11:50 pm

CHE

Monday 1/8- 2/19 & 3/4- 4/22 6:00 pm – 6:30 pm

Friday 1/12- 2/23 & 3/8- 4/26 5:20 pm – 5:50 pm

DEX

Level 3 Swim

For students ages 6-14. Level 3 is for students who can swim 15 feet on their own but are still developing their swimming strokes. Students will learn strokes such as freestyle, backstroke, and breaststroke as well as how to tread water. This class will take place in the lap pool. Parents not in the pool.

Min. 3 Max. 6 participants

Tuesday 1/9- 2/20 & 3/5- 4/23 5:20 pm – 5:50 pm

Saturday 1/13- 2/24 & 3/9- 4/27 12:00 pm – 12:30 pm

CHE

Friday 1/12- 2/23 & 3/8- 4/26 6:00 pm – 6:30 pm

DEX

Level 4 Swim

For students ages 7-16. Level 4 is for students who can swim 25 feet using freestyle and backstroke, and students who are familiar with breaststroke. Students in level 4 will be introduced to the butterfly stroke, build endurance and learn drills to refine their stroke technique. Students will also learn how to safety dive to the bottom of the pool from inside of the water. This class will take place in the lap pool. Parents not in pool.

Min. 3 Max. 6 participants

Tuesday 1/9- 2/20 & 3/5- 4/23 6:00 pm – 6:30 pm

CHE

Adult Beginner Swimming

For students ages 14+ who are either new to swimming, or are interested in rebuilding a strong swimming foundation starting with floating in the water. This class takes place in the therapy pool.

Min. 3 Max. 6 participants

Saturday 3/9- 4/2 8:00 am – 8:30 am

DEX

