



# SPRING/SUMMER 2026

## Community Programs at Chelsea, Dexter and Stockbridge Wellness Centers

### COMMUNITY EDUCATION

#### RELEASE YOUR GRIEF YOGA

Explore releasing unconscious, stored grief in the body. As we journey toward healing the body, mind and spirit, we may need an intentional, physical release. This special yoga class will include gentle poses, a meditative environment and a soulful playlist.

**Registration required. Please visit the Member Service Desk or call 734-214-0220 for more information or to register.**

Monday 4/13	6:00pm-7:00pm	FREE	
Monday 5/11	6:00pm-7:00pm	FREE	CHE

#### WELLNESS WEEK

Spend the week of **APRIL 20-24<sup>th</sup>** dedicated to feeling your best inside and out at the Centers! Each day will feature **special** events centered around a different aspect of wellness. Community Welcome!

- Monday- Movement:** Check out our featured Group Ex Classes
- Tuesday- Nutrition:** Hydration Station & Blood Pressure Screenings
- Wednesday- Mindfulness:** Enjoy our beginner friendly Mindfulness Meditation Classes: 10:30am DEX 4:00pm CHE
- Thursday- Connection:** Fun for the Family at the Centers!  
Family Craft night! 4:00pm-5:30pm CHE\*  
Family Gym/Game Night! 4:00-5:30pm DEX\*  
*\*Advanced registration required*
- Friday- Prevention:** Visit our MyFitRx Informational Table: 10:00am-11:30am & 3:00pm-4:00pm CHE/DEX

#### RED CROSS BLOOD DONATION

To schedule an appointment, call 1-800-RED CROSS OR visit [redcrossblood.org](http://redcrossblood.org) and enter sponsor code: [dexterwellness](#) or [chelseawellness](#)

Monday 4/27	1:00-6:00pm	FREE	CHE
Thursday 5/28	12:00-6:00pm	FREE	DEX
Monday 6/29	1:00-6:00pm	FREE	CHE
Monday 8/24	1:00-6:00pm	FREE	CHE

#### SENIOR HEALTH AND FITNESS DAY

Seniors workout **FREE** at any Center Wednesday, May 27<sup>th</sup>!

Wednesday 5/27 FREE CHE/DEX/STK

#### MEN'S HEALTH WEEK

Men workout **FREE** at any Center on June 7-14<sup>th</sup>!

JUNE 7-14 FREE CHE/DEX/STK

#### CPR CLASS

An opportunity to learn lifesaving skills to help in an emergency. **Registration Required. Please visit the Member Service Desk or call 734-580-2500 for more information or to register.**

Wednesday 6/17	5:30pm-8:45pm	DEX
----------------	---------------	-----

MEM: \$75 NON-MEM \$100

### COMMUNITY EDUCATION

#### SUMMER SOLSTICE 108 Sun Salutations!

Celebrate the Summer Solstice through the joy of Yoga at the 108 Sun Salutation Event on Friday, June 19<sup>th</sup> at 5:30pm.

**Registration required. Please visit the Member Service Desk or call 734-214-0220 for more information or to register.**

Fri 6/19	5:30 pm – 7:00 pm	FREE	CHE
----------	-------------------	------	-----

#### FREE SUMMER OUTDOOR YOGA

All Yoga Levels welcome! Please bring your own yoga mat or towel.

##### Yoga in the Park- Dexter

##### Mill Creek Park

Sat 6/6- 8/15	8:00 am - 9:00 am*
---------------	--------------------

##### Yoga on the Lawn – Chelsea

##### Chelsea Library

Sat 6/6- 8/15	10:00 am – 11:00 am*
---------------	----------------------

~no class 7/25

\*Weather/Instructor permitting

#### GAME OF GO

Game of Go lessons & group problem-solving at 10:00am on Saturdays. Paired games start at 11:00am. Beginner & all level of players welcome.

Saturdays	10:00am-12:00pm	FREE	DEX
-----------	-----------------	------	-----

#### 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](http://5healthytowns.org) or call the Center at 734-214-0220.**

### SMALL GROUP CLASSES

#### 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. All levels welcome! **Please visit the Member Service Desk or call 734-214-0220 for more information or to register.**

Monday/Wednesday/Friday	1:30pm-3:00pm	CHE
-------------------------	---------------	-----

\$129/month

#### HEALTHY BONES OSTEO PILATES

This gentle yet effective Pilates class is **designed specifically for individuals with osteopenia and osteoporosis.** With a focus on posture, balance, core stability, and safe spinal alignment, you'll move through controlled exercises that help improve strength, flexibility, and coordination. **Registration Required. Please visit the Member Service Desk or call 734-214-0220 for more information or to register for a 5-week session.**

	<b>LEVEL 2*</b>	<b>LEVEL 1</b>
Thursday 3/26-4/23	9:30am-10:45am	10:45am-12:00pm
Thursday 4/30-5/28	9:30am-10:45am	10:45am-12:00pm
Thursday 6/4-7/2	9:30am-10:45am	10:45am-12:00pm

\*Level 2 requires Instructor approval.

MEM: **FREE** NON-MEM: **\$95**

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 CLASSES

### BEGINNER PICKLEBALL

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.

**Registration required. Please visit the Member Service Desk or call 734-580-2500 for more information or to register.**

Tuesday & Thursday 5/5-5/14 10:00am–11:00am  
Tuesday & Thursday 5/26-6/4 10:00am–11:00am  
MEM: \$60 NON-MEM \$64 DEX

### PELVIC FLOOR HEALTH CLASS

Join fitness specialist Lis Cordeiro to gain helpful insights into managing symptoms, preventing issues, and better understanding your body so you can take control of your pelvic health. This vital, but often overlooked, aspect of well-being affects both men and women. This class is ideal for anyone looking to improve core health, reduce discomfort, and build a stronger foundation for movement and daily life. **Registration required. Please visit the Member Service Desk or call 734-214-0220 for more information or to register.**

Tuesday 4/28-5/19 1:00pm-2:00pm  
Tuesday 6/2-6/23 1:00pm-2:00pm  
Tuesday 7/7-7/28 1:00pm-2:00pm  
Tuesday 8/11-9/1 1:00pm-2:00pm  
MEM \$84 NON-MEM \$92 CHE

### FALL INTO BALANCE

This 8-week program is designed to help participants improve balance, stability and confidence in everyday movement. Meeting twice a week, the focus is on strengthening the key muscle groups that keep you upright- especially the legs, hips and core. Additional emphasis is placed on developing the ability to stabilize the body to effectively to help prevent falls. **Registration Required. Please visit the Member Service Desk or call 734-580-2500 for more information or to register for the 8-week session.**

Tuesday & Thursday 5/05-6/25 10:30am–11:30am  
MEM \$304 NON-MEM \$352 DEX

### STRENGTHENING YOUR POSTURE

Improve your posture and reduce or prevent chronic back pain. This 6-week session, that meets twice a week will focus on strengthening your back, shoulder, and core muscles, which are all essential to standing with proper posture and preventing lower back pain.

**Registration Required. Please visit the Member Service Desk or call 734-580-2500 for more information or to register for the 6-week session.**

Tuesday & Thursday 7/7-8/13 10:30am–11:30am  
MEM \$228 NON-MEM \$264 DEX

### REFORMER PILATES

Reformer Pilates is performed on an intelligently designed piece of equipment with a system of springs and pulleys to provide resistance. Reformer Pilates is a full body workout that builds balanced strength and flexibility and aligns the body to allow you to do whatever else you want to do more efficiently. It can be modified to fit any body at any age or stage of life. Unless noted, classes are Level 1.

**Please visit the Dexter Wellness Center Member Service Desk or call 734-580-2500 for more information on sessions/prices.**

Monday: 4:30-5:30pm & 6:30pm-7:30pm  
Tuesday: 8:30am–9:30am & 5:30pm-6:30pm  
Wednesday: 8:00am-9:00am & 4:30pm–5:30pm  
Thursday: 8:30am-9:30am \*advanced  
Thursday: 9:30am–10:30am & 12:30pm-1:30pm  
Saturday: 8:30am-9:30am

DEX

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 AQUA CLASSES

### ADULT SWIM TUNE UP

A one-time swim tune up session for adults focused on refining stroke technique, improving efficiency, and gaining personalized feedback to enhance your performance in the pool. **Registration Required. Please visit the Member Service Desk or call 734-580-2500 for more information or to register.**

Tuesday, 4/28 5:00pm–6:00pm  
Tuesday, 7/21 5:00pm–6:00pm  
Tuesday, 8/18 5:00pm–6:00pm  
Tuesday, 9/22 5:00pm–6:00pm  
MEM \$20 NON-MEM \$30 DEX

### AQUA BOARD FITNESS CLASSES

Take your fitness to a new level with our Aqua Board classes. These small group classes offer a total body workout that focus on using core stability to improve balance, mobility, strength, flexibility, and endurance. **Registration Required. Please visit the Member Service Desk or call 734-580-2500 for more information or to register for a 4-week session.**

#### Aqua Board Strength, Balance, & Mobility

Monday 4/6-4/27 4:00pm–5:00pm  
Monday 5/4-6/8\* 4:00pm–5:00pm

\* No class 5/11 & 25

#### Aqua Board Circuit

Tuesday 4/7-4/28 10:30am-11:30am  
Tuesday 5/5-6/2\* 10:30am-11:30am

\* No class 5/12

#### Aqua Board Pilates

Wednesday 4/8-4/29 6:00pm-7:00pm  
Wednesday 5/6-5/27 6:00pm-7:00pm

MEM \$104 NON-MEM \$112 DEX

### CHILDREN'S SWIM CLASSES

We offer a variety of children's swim lessons designed to help kids build confidence and learn water safety skills in a fun and supportive environment. Current class options include **Water Babies, Pre-K Parent, and Levels 1–3** for beginner swimmers. We are currently planning our **summer swim lesson schedule**. Please reach out to the Centers in **May** to learn about upcoming class dates and registration details. We look forward to helping your child grow comfortable and confident in the water.

