

# Fall 2016 Community Programs

Chelsea and Dexter Wellness Centers

## COMMUNITY EDUCATION

### National Kidney Foundation

#### Diabetes Prevention Program **DEX**

Mon 9/12 -1/9/17 6-7 pm FEE: FREE!

In a supportive group setting, receive education and coaching for the prevention of diabetes. Info Meeting 9/12. Meets weekly through Jan 9, then once a month Feb - Aug 2017. Call 800-482-1455 to register.

### WOMEN'S HEALTH & FITNESS DAY

Women workout for FREE on Wednesday, September 28!

#### Women's Health & Fitness Day: Shred it Smart **DEX**

Mon 9/26 11:30 am-12:30 pm FEE: FREE!

Take a break from the treadmill to learn the benefits and application of resistance training with a special focus on the female lifter.

#### Women's Health & Fitness Day: Eat Healthy - Get Fit **CHE**

Wed 9/28 7-8 pm FEE: FREE!

Learn how to make healthy food choices and other diet changes to improve your health. Stresses the importance of fitness for women.

#### Koru Mindfulness & Meditation- Intro Workshop **DEX**

Thu 10/6 6:30-7:30 pm FEE: FREE!

#### Koru Mindfulness & Meditation- 4-Week Series **DEX**

Thu 10/13-11/3 6:30-8 pm FEE: \$60

Learn practical ways to de-stress, improve concentration, get better sleep, and maintain balance during challenging times.

#### Dancing Towards a Cure **DEX**

Fri 10/7 6-7:30 pm FEE: \$10 donation

Support the American Cancer Society. Get moving for a great cause as 100% of registration donations benefit cancer research.

#### Flu Shot Clinic

Tue 10/18 1-5 pm FEE: \$25 **DEX**

Thu 10/20 9-11 am FEE: \$25 **CHE**

Protect yourself from the flu with a flu shot after your workout. Provided by UM-MVC. Most insurances accepted.

#### Control Your Stress or it will Control You!

Wed 10/26 6:30-7:30 pm FEE: FREE! **DEX**

Thu 10/27 6:30-7:30 pm FEE: FREE! **CHE**

Become stress-resistant by acknowledging your stress and implementing habits to control it daily.

#### Healthy Helpings for the Holidays

Thu 11/10 6:30-7:30 pm FEE: FREE! **DEX**

Thu 11/17 6:30-7:30 pm FEE: FREE! **CHE**

Join us for a cooking presentation of ways to prepare healthy meals when life gets busy. Recipes and samples will be provided.

#### Visit with Santa

Fri 12/2 5-7 pm FEE: FREE! **DEX**

Parents and children can visit Santa, enjoy a snack, and do a craft! Space is limited.

#### Exercise with Santa and Lunch Too! **CHE**

Sat 12/10 12-1 pm FEE: FREE!

Exercise with Santa, have lunch, and do a craft! Parents can use the center for FREE during the workshop. Space is limited.

#### TUNE INTO THE CITY... **CHE**

Tune into the City of Chelsea Channel 18 for FREE exercise classes throughout the week! (Times subject to change)

#### Beginner's Yoga

Mon/Fri 8 am (ongoing) FEE: FREE!

Wed 8:20 am (ongoing) FEE: FREE!

#### Chair Exercises

Tue/Wed/Thu 7:54 am (ongoing) FEE: FREE!

#### The Game of Go **DEX**

Fri 11am-1pm (ongoing) FEE: FREE!

Boost your mental wellness by playing the ancient board game "Go."

## FITNESS

#### Tai Chi Level 1 **CHE**

Thu 8/25-9/29\* 11:30 am-12:30 pm FEE: \$35 MEM: FREE!

\*No class 9/15

#### Lunchtime Basketball **DEX**

Tue/Thu 9/6-10/27 12pm-1:30 pm FEE: \$80 MEM: FREE!

Tue/Thu 11/1-12/22\* 12pm-1:30 pm FEE: \$80 MEM: FREE!

\*No class 11/24

#### Line Dancing **CHE**

Tue 9/6-10/25 1-2 pm FEE: \$56; 55+ \$50; MEM: FREE!

Tue 11/8-12/20 1-2 pm FEE: \$49; 55+ \$44; MEM: FREE!



**CHE** Class offered at Chelsea Wellness Center

**DEX** Class offered at Dexter Wellness Center

**MEM** Chelsea or Dexter Wellness Center Member

Registration required for all events.

Please call to register or for additional information.

\*Scholarships Available

Register TODAY! **CHE** 734-214-0220 **DEX** 734-580-2500

**Aquacize w/ Arthritis** CHE

Wed 9/7-10/26	Noon-1 pm	FEE: \$64; 55+ \$58; MEM FREE
Fri 9/9-10/28	Noon-1 pm	FEE: \$64; 55+ \$58; MEM FREE
Wed 11/2-12/14*	Noon-1 pm	FEE: \$48; 55+ \$43; MEM FREE
Fri 11/4-12/16*	Noon-1 pm	FEE: \$48; 55+ \$43; MEM FREE

\*No classes 11/23 and 11/25

**Lunar Flow Yoga** CHE

Wed 9/7-10/26	5:30-6:30 pm	FEE: \$56; 55+ \$50; MEM FREE
Wed 11/2-12/14	5:30-6:30 pm	FEE: \$49; 55+ \$44; MEM FREE

**Chair Yoga** CHE

Fri 9/9-10/28	10:30-11:45 am	FEE: \$72; 55+ \$65; MEM FREE
Fri 11/4-12/16	10:30-11:45 am	FEE: \$63; 55+ \$57; MEM FREE

**Let's Dance!** CHE

Fri 9/9 - 9/30 6:30-7:50 pm FEE: \$40/couple  
 Bring your partner and spend 4 weeks learning the swing and cha-cha! 1 hour of instruction, followed by 20 minutes of free dance!

**Pilates/TRXFusion** DEX

Tue 9/13-11/1	9-10 am	FEE: \$140; MEM \$100
Thu 9/15-11/3	9-10 am	FEE: \$140; MEM \$100
Tue 11/8-12/13	9-10 am	FEE: \$105; MEM \$75
Thu 11/10-12/22*	9-10 am	FEE: \$105; MEM \$75

\*No class 11/24

**Aquacize w/ Arthritis** DEX

Tue 9/13-11/1	11 am-12 pm	FEE: \$64; 55+ \$58; MEM FREE
Tue 11/8-12/20	11 am-12 pm	FEE: \$48; 55+ \$43; MEM FREE

\*No class 11/22

**Treads & Toning** DEX

Mon 9/12-10/31	7-8 am	FEE: \$56; MEM \$40
Wed 9/14-11/2	7-8 am	FEE: \$56; MEM \$40
Mon 11/7-12/19	7-8 am	FEE: \$49; MEM \$35
Wed 11/9-12/21	7-8 am	FEE: \$49; MEM \$35

**Equestrian Pilates** DEX

Wed 9/14-11/2	11:30am-12:30 pm	FEE: \$80; MEM \$72
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**TRX Hard Core** DEX

Wed 9/14-11/2	6:30-7:30 pm	FEE: \$114; MEM \$100
Wed 11/9-12/21	6:30-7:30 pm	FEE: \$85; MEM \$75

\*No class 11/23

**Pilates Reformer Intro Class** DEX

Wed 9/14-11/2	7:45-8:45 pm	FEE: \$176; MEM \$144 PER CLASS \$25
Wed 11/9-12/21	7:45-8:45 pm	FEE: \$132; MEM \$108 PER CLASS \$25

\*No class 11/23

**Equestrian Pilates** CHE

Thu 9/15-11/3	10:30-11:30 am	FEE: \$80; YOUTH \$60; MEM \$72
Thu 9/15-11/3	6:30-7:30 pm	FEE: \$80; YOUTH \$60; MEM \$72

**Arthritis Foundation Land Exercise Program** DEX

Fri 9/16-11/4	10-11 am	FEE: \$64; 55+ \$58; MEM FREE
Fri 11/11-12/23	10-11 am	FEE: \$48; 55+ \$43; MEM FREE

\*No class 11/24

**Tai Chi Level 1** DEX

Tue 10/4-12/13*	5:45-6:45 pm	FEE: \$70; MEM FREE
Thu 10/6-12/15*	1-2 pm	FEE: \$70; MEM FREE

\*No class 11/22 &amp; 11/24

**Tai Chi Level 2** DEX

Tue 10/4-12/13*	6:45-7:45 pm	FEE: \$70; MEM FREE
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\*No class 11/22

**Special Needs Movement** DEX

Sat 9/17-11/5	2:15-3:15 pm	FEE: \$56 MEM \$40
Sat 11/12-12/17	2:15-3:15 pm	FEE: \$42 MEM \$30

**YOUTH & TEEN FITNESS****Teen HIIT** DEX

Mon 9/12 - 10/31	3:30-4:30 pm	FEE: \$56 MEM \$42
Mon 11/7-12/12	3:30-4:30 pm	FEE: \$42 MEM \$32

**HIIT Kids** DEX

Mon 9/12-10/31	4:30-5:30 pm	FEE: \$56 MEM \$42
Mon 11/7-12/12	4:30-5:30 pm	FEE: \$42 MEM \$32

**Parent/Child Yoga** DEX

Sat 9/17-11/5	1-2 pm	FEE: \$63; MEM \$45
Sat 11/12-12/17	1-2 pm	FEE: \$48; MEM \$34

**SWIM****Water Babies** Parent + Child (1-3 yrs old) DEX

Wed 9/14-10/19	4-4:30 pm	FEE: \$56; MEM \$42
Wed 10/26-11/30	4-4:30 pm	FEE: \$56; MEM \$42

**Preschool Swim-Level 1** (3-5 yrs old) DEX

Wed 9/14-10/19	4:30-5 pm	FEE: \$56; MEM \$42
Wed 10/26-11/30	4:30-5 pm	FEE: \$56; MEM \$42

**Preschool Swim-Level 2** (5-7 yrs old) DEX

Wed 9/14-10/19	5-5:30 pm	FEE: \$56; MEM \$42
Wed 10/26-11/30	5-5:30 pm	FEE: \$56; MEM \$42

**Master Swim Class** DEX

Fri 9/16-10/28	5:30-6:45 am	FEE: \$70; MEM \$49
Fri 11/4-12/16*	5:30-6:45 am	FEE: \$60; MEM \$42

\*No class 11/25

**Beginner Swim Class** CHE

Fri 9/23-10/31	10:30-11:30 am	FEE: \$78; MEM \$60
Fri 11/4-12/16*	10:30-11:30am	FEE: \$78; MEM \$60

\*No class 11/25

**Beginner/Intermediate Swim Class** DEX

Mon 9/12-10/31	10:15-11:15 am	FEE: \$104; MEM \$80
Mon 11/7-12/12	10:15-11:15 am	FEE: \$78; MEM \$60

**Master Swim Class** CHE

Mon 9/26-10/31	5:30-7 am	FEE: \$60; MEM \$42
Thu 9/29-11/3	5:30-7 am	FEE: \$60; MEM \$42

Mon 11/7-12/19	5:30-7 am	FEE: \$70; MEM \$49
Thu 11/10-12/22*	5:30-7 am	FEE: \$60; MEM \$42

\*No class 11/24

**Senior Swim** CHE DEX

2nd & 4th Fridays of the month from 4-7pm! (ongoing)  
 FEE: **FREE for those 60 yrs and older!**

**Swim & Gym Pass** DEX

Fees includes access to pools and gym for one child (6 mos-15 yrs.) and 2 parents/legal guardians during designated family Swim & Gym times.  
 1 VISIT: \$10/1st child; \$6/2+child; 1 MONTH \$30/child; 3 MONTH \$80/child

Register TODAY! CHE 734-214-0220 DEX 734-580-2500

CHE Class offered at Chelsea Wellness Center

DEX Class offered at Dexter Wellness Center

MEM Chelsea or Dexter Wellness Center Member