

Winter 2017 Community Programs

Chelsea and Dexter Wellness Centers

COMMUNITY EDUCATION

Go Red - Fitness Palooza **DEX**

Tue 2/21/17 6-7:30 pm FEE: \$10

Join us for the 4th annual Go Red Party! This year get your heart rate pumping with a variety of exercise modalities led by your favorite Zumba, HIIT, Aerobics, Yoga, and Pilates instructors. 100% of registration donations will benefit the American Red Cross. All ages and abilities welcome!

Go Heavy on the Fruits and Veggies!

Mon 2/6/17 6:30-7:30 pm FEE: FREE **DEX**

Thur 2/9/17 6:30-7:30 pm FEE: FREE **CHE**

Learn more about the importance of fruits and vegetables for a healthy diet. Try new recipes that will help you fill up half your plate with these delicious, nutritious foods!

Put Your Best Fork Forward

Mon 3/6/17 6:30-7:30 pm FEE: FREE **DEX**

Thur 3/9/17 6:30-7:30 pm FEE: FREE **CHE**

March is National Nutrition Month and each one of us holds the tools to make healthier food choices. Come and learn more about whole grains and new recipes to try!

Face Your Facial Wellness

Thur 4/13/17 6:30-7:30 pm FEE: FREE **CHE**

Thur 4/20/17 6:30-7:30 pm FEE: FREE **DEX**

This informative workshop will teach you how to make your face glow from the inside out. Simple advice on how to get and keep better skin for all ages!

National Kidney Foundation: Diabetes Prevention Program

Wed 1/18-7/26 7-8 pm FEE: FREE **CHE**

In a supportive group setting, receive education and coaching for the prevention of diabetes. Info meeting 1/18. *Meets weekly 1/25 through 7/26, then once a month Aug 2017 – Jan 2018. Call 800-482-1455 to register.

Minding Your Health - Behind Closed Doors

Thur 2/2/17 6:30-7:30 pm FEE: FREE **CHE**

Myths and facts about what happens in a counseling session. How do I get started?

Minding Your Health - The Changing Brain

Thur 3/16/17 6:30-7:30 pm FEE: FREE **CHE**

How mental health changes as we age – the impact of illness, grief and loss, and substance use.

Minding Your Health - Reshaping Body Image

Thur 5/4/17 6:30-7:30 pm FEE: FREE **CHE**

Discussion on the challenges people face in reconciling body image and how it affects daily life.

Speakers are from SJMC Outpatient Behavior Health Services

CHE Class offered at Chelsea Wellness Center

DEX Class offered at Dexter Wellness Center

Registration required for all events.

Please call to register or for additional information.

*Scholarships Available

Intuitive Eating **CHE**

Wed 1/11, 1/25, 2/8, 2/22 11 a.m.-1 pm FEE: \$115 MEM: \$85

Become the expert of your own body and distinguish between physical and emotional feelings while promoting your natural weight. This four workshop series will be lead by Christine Huff, RD.

Fitness Classes

Arthritis Foundation Land Exercise Program **DEX**

Fri 1/20-3/3 10 am-11 am FEE: \$49 Seniors: \$45 MEM: FREE!

Fri 3/10-4/28* 10 am-11 am FEE: \$49 Seniors: \$45 MEM: FREE!

*No Class 4/7 for Spring Break

Fundamentals of Yoga and Stretching **DEX**

Tue 1/17-2/28 9-10 am FEE: \$78 MEM: \$56

Tue 3/7-4/25* 9-10 am FEE: \$78 MEM: \$56

*No Class 4/4 for Spring Break

Pilates Reformer - Intro **DEX**

Wed 1/18-3/1 7:45-8:45 pm FEE: \$154 MEM: \$126

Wed 3/8-4/26* 7:45-8:45 pm FEE: \$154 MEM: \$126

*No Class 4/5 for Spring Break

Pilates Reformer **DEX**

Mon 1/16-2/27 6:30-7:30 pm FEE: \$154 MEM: \$126

Mon 3/6-4/24* 6:30-7:30 pm FEE: \$154 MEM: \$126

*No Class 4/3 for Spring Break

Pilates TRX Fusion **DEX**

Tue 1/17-2/28 9-10 am FEE: \$122 MEM: \$87

Thur 1/19-3/2 9-10 am FEE: \$122 MEM: \$87

Tue 3/7-4/25* 9-10 am FEE: \$122 MEM: \$87

Thur 3/9-4/27* 9-10 am FEE: \$122 MEM: \$87

*No Class 4/4 and 4/6 for Spring Break

TRX Hardcore **DEX**

Wed 1/18-3/1 6:30-7:30 pm FEE: \$99 MEM: \$88

Wed 3/8-4/26* 6:30-7:30 pm FEE: \$99 MEM: \$88

*No Class 4/5 for Spring Break

Muscle Warfare **DEX**

Tue 1/17-2/28 9-10 am FEE: \$78 MEM: \$58

Thur 1/19-3/2 9-10 am FEE: \$78 MEM: \$58

Women's Weight #185 **DEX**

Tue 3/7-4/25* 9-10 am FEE: \$78 MEM: \$58

Thur 3/9-4/27* 9-10 am FEE: \$78 MEM: \$58

*No Class 4/4 and 4/6 for Spring Break



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

Special Needs Movement **DEX**

Sat 1/14-2/25 2:15-3:15 pm FEE: \$49 MEM: \$35
Sat 3/4-4/22* 2:15-3:15 pm FEE: \$49 MEM: \$35
*No Class 4/1 for Spring Break

Equestrian Pilates **CHE**

Thur 1/12-3/2 10:30-11:30 am FEE: \$80 Youth(12-17): \$60 MEM: \$72
Tue 1/10-2/28 7:00-8:00 pm FEE: \$80 Youth(12-17): \$60 MEM: \$72

Social Dance...and all that jazz **DEX**

Mon 1/16-2/27 7:30-8:30 pm FEE: \$84/couple MEM: \$70/couple
Mon 3/6-4/24* 7:30-8:30 pm FEE: \$84/couple MEM: \$70/couple
Introductory lessons on a variety of social dance styles including merengue, salsa, classic waltz, foxtrot, jitterbug swing, and more.
*No Class 4/3 for Spring Break

Let's Dance – Social Dance Class **CHE**

Tue 1/20-2/24 6:30 p.m.-8 pm FEE: \$60/couple
Bring your partner and spend 6 weeks learning the West Coast Swing and Night Club 2 Step.

Line Dancing **CHE**

Tue 1/3-2/21 1 pm-2 pm FEE: \$56 Senior: \$50 MEM: FREE
Tue 2/28-4/25 1 pm-2 pm FEE: \$63 Senior: \$57 MEM: FREE

Mindfulness Classes

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

Wed 1/25/17 6:30-7:30 pm FEE: FREE
Thur 3/2/17 6:30-7:30 pm FEE: FREE

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

Wed 2/8-3/1 6:30-8 pm FEE: \$60
Thur 3/9-3/30 6:30-8 pm FEE: \$60

Tai Chi Level 1

Tue 1/17-4/11* 5:45-6:45 pm FEE: \$84 MEM: FREE **DEX**
Thur 1/19-4/13* 1-2 pm FEE: \$84 MEM: FREE **DEX**
Thur 1/12-3/30 11:30 am-12:30 pm FEE: \$84 MEM: FREE **CHE**
*No Class 4/4 and 4/6 for Spring Break

Tai Chi Level 2 **DEX**

Tue 1/17-4/11* 6:45-7:45 pm FEE: \$84 MEM: FREE
*No Class 4/4 for Spring Break

Lunar Flow Yoga **CHE**

Wed 1/4-2/22 5:30 pm-6:30 pm FEE: \$56 Senior: \$50 MEM: FREE
Wed 3/1-4/26 5:30 pm-6:30 pm FEE: \$63 Senior: \$57 MEM: FREE

Chair Yoga **CHE**

Fri 1/6-2/24 10:30 am-11:45 am FEE: \$72 Senior: \$65 MEM: FREE
Fri 3/3-4/28 10:30 am-11:45 am FEE: \$81 Senior: \$73 MEM: FREE

Swim Classes

Water Babies **DEX**

Wed 1/18-2/22 4-4:30 pm FEE: \$56 MEM: \$42
Wed 3/8-4/19* 4-4:30 pm FEE: \$56 MEM: \$42
*No Class 4/5 for Spring Break

Preschool Swim Level 1 **DEX**

Wed 1/18-2/22 3:30-4 pm FEE: \$56 MEM: \$42
Wed 1/18-2/22 4:30-5 pm FEE: \$56 MEM: \$42
Wed 3/8-4/19* 3:30-4 pm FEE: \$56 MEM: \$42
Wed 3/8-4/19* 4:30-5 pm FEE: \$56 MEM: \$42
*No Class 4/5 for Spring Break

Preschool Swim Level 2 **DEX**

Wed 1/18-2/22 5-5:30 pm FEE: \$56 MEM: \$42
Wed 3/8-4/19* 5-5:30 pm FEE: \$56 MEM: \$42
*No Class 4/5 for Spring Break

Beginner Swim

Mon 1/16-2/27 8:30-9:30 am FEE: \$91 MEM: \$70 **DEX**
Mon 3/6-4/24* 8:30-9:30 am FEE: \$91 MEM: \$70 **DEX**
Fri 1/13-2/3 10:30-11:30 am FEE: \$52 MEM: \$40 **CHE**
Fri 2/10-3/17 10:30-11:30 am FEE: \$78 MEM: \$60 **CHE**
Fri 3/24-4/28 10:30-11:30 am FEE: \$78 MEM: \$60 **CHE**
*No Class 4/5 for Spring Break

Master Swim

Fri 1/20-3/3 5:30-6:45 am FEE: \$70 MEM: \$49 **DEX**
Fri 3/10-4/28* 5:30-6:45 am FEE: \$70 MEM: \$49 **DEX**
Mon 1/9-2/27 5:30-7:00 am FEE: \$80 MEM: \$56 **CHE**
Thur 1/12-3/2 5:30-7:00 am FEE: \$80 MEM: \$56 **CHE**
Mon 3/6-4/24 5:30-7:00 am FEE: \$80 MEM: \$56 **CHE**
Thur 3/9-4/27 5:30-7:00 am FEE: \$80 MEM: \$56 **CHE**
*No Class 4/7 for Spring Break

Aquacize with Arthritis

Tue 1/17-2/28 11 am-12 pm FEE: \$56 Senior: \$50 MEM: FREE **DEX**
Tue 3/7-4/25* 11 am-12 pm FEE: \$56 Senior: \$50 MEM: FREE **DEX**
Wed 1/4-2/22 12 pm-1 pm FEE: \$64 Senior: \$58 MEM: FREE **CHE**
Fri 1/6-2/24 12 pm-1 pm FEE: \$64 Senior: \$58 MEM: FREE **CHE**
Wed 3/1-4/26 12 pm-1 pm FEE: \$72 Senior: \$66 MEM: FREE **CHE**
Fri 3/3-4/28 12 pm-1 pm FEE: \$72 Senior: \$66 MEM: FREE **CHE**
*No Class 4/4 for Spring Break

Senior Swim **DEX** **CHE**

1-4 pm FEE: FREE
Seniors 60+ may swim for FREE on the 2nd & 4th Fridays of the month.

Swim & Gym Pass **DEX**

One month FEE: \$30 Three month FEE: \$80
Fees include access to pools and gymnasium for one child (6mo-15yrs) and 2 parents/legal guardians during designated family Swim & Gym times.

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