

Spring/Summer 2018

Community Program

Chelsea and Dexter Wellness Centers

COMMUNITY EDUCATION

Senior Health and Fitness Day FREE **CHE** **DEX**

Wednesday, May 30th
Seniors workout for FREE all day.

Osteoporosis Workshop

Elaine Economou, MOVE **CHE**

12:30-1:00pm Lunch

1:00-2:15pm Workshop followed with gentle exercise.

5 Year Anniversary BBQ Pool Party FREE **DEX**

Saturday, June 2nd

10:30am-12:00pm Swim / 11:30am-1:00 pm Food & Games.

Come celebrate our 5 year anniversary at our BBQ Pool Party.

Open to the community. Swim, eat and play games.

Men's Health and Fitness Week FREE **CHE** **DEX**

Men workout for FREE 6/11-6/18

Golf-Short Game Workshop **CHE**

Session One; June 11th / Session Two: June 13th 7:00-8:00pm
This workshop will include chipping, pitching and putting. Beginner and seasoned players welcome.

Men's Casting: Fly Fishing Clinic **DEX**

Session One: June 11th / Session Two: June 13th 6:45-8:45pm
Learn the basics of casting and how to fly fish.

Basketball Shoot Out **DEX**

Friday, June 15th 9:00-11:00am / 3:00-5:00pm

Join our hot shot shootout and challenge yourself and put your basketball skills to work.

Toss the Toxins FREE **CHE**

Monday, July 9th 6:30-7:30pm

Many of us are unaware of the harmful chemicals in our homes. Learn some simple, natural ways to detox your home.

Dexter Forum FREE **DEX**

1st & 3rd Saturday of month 8:30-9:30am

Community group meets in the Dexter Wellness Center Conference Room to discuss a variety of local topics.

Game of Go FREE **DEX**

Meets every Friday

11:30am-12:30pm Instruction / 12:30pm Games begin

Boost your mental wellness by learning to play GO, an ancient board game using simple elements to challenge your mind.

*No class 7/13-8/31

FITNESS CLASSES

GYROKINESIS®-Demonstration/Intro Class **CHE**

Wed 4/25 12:30-1:30pm FREE

GYROKINESIS® **CHE**

Wed 5/2-6/6 12:30-1:30pm MEM \$99 FEE \$120

Wed 6/13-7/25* 12:30-1:30pm MEM \$99 FEE \$120

*no class 7/4

Classes provided by MOVE

Arthritis Foundation Land Exercise Program **DEX**

Fri 5/4 - 6/29* 10:00-11:00am MEM FREE FEE \$72 Senior \$65

Fri 7/13-8/24 10:00-11:00am MEM FREE FEE \$56 Senior \$50

*No class 5/25

Special Needs Movement **DEX**

Sat 5/12 - 6/23* 2:15-3:15pm MEM \$49 FEE \$70

Sat 7/21 - 8/25 2:15-3:15pm MEM \$42 FEE \$60

*No class 5/19

Beginners Swing Dancing **CHE**

Fri 6/22-8/3 6:30-7:30pm MEM \$70/cpl FEE \$84/cpl

Level 2 Swing Dancing **CHE**

Fri 6/22-8/3 5:15-6:15pm MEM \$70/cpl FEE \$84/cpl

Beginning Ballroom Dance for Couples **DEX**

Mon 5/7 - 6/18 * 7:30-8:30pm MEM \$60/cpl FEE \$72/cpl

Mon 7/9 - 8/13 7:30-8:30pm MEM \$60/cpl FEE \$72/cpl

*No class 5/28

Ballroom Dance for Couples - Review & More! **DEX**

Thur 6/21 - 8/02* 7:30-8:30pm MEM \$70/cpl FEE \$84/cpl

*No class 7/5

Line Dancing **CHE**

Tue 5/1-6/26* 1:00-2:00pm MEM FREE FEE \$56 Senior \$50

*No class 5/22

PILATES CLASSES

Equestrian Pilates **CHE**

Tue 5/1-6/19 7:00-8:00pm MEM \$80 FEE \$92 Youth \$78

Thur 5/3-6/21 10:30-11:30am MEM \$80 FEE \$92 Youth \$78

Beginning Pilates Reformer **DEX**

Sat 5/5-5/26 9:00-10:00am MEM \$100 FEE \$11

Pilates Reformer **DEX**

Thur 5/10-5/31 5:30-6:30 pm MEM \$100 FEE \$112

Thur 6/7-6/28 12:00-1:00pm MEM \$100 FEE \$112

Advanced Pilates Reformer **DEX**

Sat 5/5-5/26 10:00-11:00am MEM \$100 FEE \$112

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

MEM = Chelsea or Dexter Wellness Center Member
Senior = 60+

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

*Scholarships Available



AQUA CLASSES

Intro to Pickleball - Beginning Instruction **DEX**

Tue 5/1-5/22 10:30am-12:00pm MEM \$40 FEE \$60
 Tue 6/5-6/26 10:30am-12:00pm MEM \$40 FEE \$60

Tai Chi for Beginners **DEX**

Mon 7/9-7/30 5:45-6:45pm MEM FREE FEE \$42

Tai Chi **DEX**

Thur 5/3-6/28 1:00-2:00pm MEM FREE FEE \$81
 Thur 7/5-8/30 1:00-2:00pm MEM FREE FEE \$81

Tai Chi **CHE**

Thur 5/3-6/28 11:30am-12:30pm MEM FREE FEE \$81
 Thur 7/5-8/30 11:30am-12:30pm MEM FREE FEE \$81

Self Defense for Beginners **DEX**

Tue/Thur 5/1-5/31* 6:30-7:30pm MEM \$112 FEE \$160
 *No class 5/15 and 5/17
 Tue/Thur 6/5-6/28 6:30-7:30pm MEM \$112 FEE \$160
 Tue/Thur 8/7-8/30 6:30-7:30pm MEM \$112 FEE \$160
 Wed/Fri 5/2-6/1 8:00-9:00am MEM \$112 FEE \$160
 *No class 5/16 and 5/18
 Wed/Fri 6/6-6/29 8:00-9:00am MEM \$112 FEE \$160
 Wed/Fri 8/1-8/24 8:00-9:00am MEM \$112 FEE \$160

Boot Camp **CHE**

Thur 5/3-6/21 8:30-9:30am MEM \$64 FEE \$80
 Thur 7/12-8/30 8:30-9:30am MEM \$64 FEE \$80

Run into Shape for Summer **DEX**

Sun 5/20-6/10 8:00-9:00am MEM \$20 FEE \$28

Youth Agility and Core (ages 12-18) **CHE**

Tue 5/1-6/19 3:30-4:30pm MEM \$56 FEE \$72
 Tue 7/10-8/28 3:30-4:30pm MEM \$56 FEE \$72

Youth Fitness Program (ages 12-18) **DEX**

Tue/Fri 5/22-6/22 4:00-5:00pm MEM \$70 FEE \$90
 Tue/Fri 7/10-8/3 4:00-5:00pm MEM \$56 FEE \$72

AQUABOARD CLASSES

These are not your normal fitness classes! Participants workout on a secured aqua board in the lap pool.

Float Fusion **DEX**

Wed 5/9-5/30 9:00-10:00am MEM \$90 FEE \$110
 Wed 5/9-5/30 10:00-11:00am MEM \$90 FEE \$110
 Wed 6/6-6/27 9:00-10:00am MEM \$90 FEE \$110
 Wed 6/6-6/27 10:00-11:00am MEM \$90 FEE \$110

Aqua Yoga **DEX**

Mon 5/7-6/25 * 11:30am-12:30pm MEM FREE FEE \$56
 Mon 7/2-8/27 11:30am-12:30pm MEM FREE FEE \$72
 *No class 5/28

Aquacize with Arthritis **CHE**

Wed 5/2-6/20 12:00-1:00pm MEM FREE FEE \$64 Senior \$58
 Fri 5/4-6/22 12:00-1:00pm MEM FREE FEE \$64 Senior \$58
 Wed 7/11-8/29* 12:00-1:00pm MEM FREE FEE \$56 Senior \$49
 Fri 7/13-8/31* 12:00-1:00pm MEM FREE FEE \$56 Senior \$49
 *pool closed for 1 week in Aug TBA

Aquacize with Arthritis **DEX**

Tue 5/1-6/5 11:00-12:00pm MEM FREE FEE \$48 Senior \$44
 Thur 5/3-6/7 11:00-12:00pm MEM FREE FEE \$48 Senior \$44
 Tue 6/12-7/24 11:00-12:00pm MEM FREE FEE \$48 Senior \$44
 *No class 7/3
 Thur 6/14-7/26 11:00-12:00pm MEM FREE FEE \$48 Senior \$44
 *No class 7/5

Master Swim - Adult **CHE**

Mon 4/30-5/21 5:30-7:00am MEM \$34 FEE \$48
 Thur 5/3-5/24 5:30-7:00am MEM \$34 FEE \$48

Master Swim - Adult **DEX**

Fri 5/4-6/1 5:30-6:45am MEM \$35 FEE \$50

Beginner Swim - Adult **CHE**

Thur 5/3-5/24 8:30-9:30am MEM \$40 FEE \$52

Beginner Swim - Adult **DEX**

Mon 5/7-6/11 8:30-9:30am MEM \$50 FEE \$65
 *No class 5/28

Warm Water Wellness **CHE**

Tue 5/8-6/26 1:30-2:30pm MEM \$64 FEE \$80
 Tue 7/10-8/28* 1:30-2:30pm MEM \$56 FEE \$70
 *pool closed for 1 week in Aug TBA

Open Water Swim **CHE**

Tue 5/29-6/26 6:00-7:30pm FEE \$60
 Tue 7/10-8/21 6:00-7:30pm FEE \$84

Senior Swim (60+) **CHE DEX**

2nd and 4th Friday 1:00-4:00pm FREE

MINDFUL CLASSES

Lunar Flow Yoga **CHE**

Wed 5/2-6/20 5:30-6:30pm MEM FREE FEE \$72 Senior \$64
 Wed 7/11-8/29 5:30-6:30pm MEM FREE FEE \$72 Senior \$64

Chair Yoga **CHE**

Fri 5/4-6/22 10:30-11:45am MEM FREE FEE \$72 Senior \$64
 Fri 7/13-8/31 10:30-11:45am MEM FREE FEE \$72 Senior \$64

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