

# 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**

FRI 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