

# Winter 2019

## Community Programs Chelsea and Dexter Wellness Centers

### COMMUNITY EDUCATION

#### Answers to Questions You're Afraid to Ask: Top 5

##### Concerns for Women! - Dr. John Kennedy

Mon 1/14 6:30-7:30pm FREE **CHE**

Dr. Kennedy will join us to discuss the top 5 concerns women have about their health.

#### Koru Mindfulness & Meditation INTRO - Jeanette Brooks

Sun 1/27 1:00-2:30pm FREE **DEX**

#### Go Red Zumba Party!

Fri 2/8 6:00-7:30pm FREE **DEX**

Get moving for a great cause! Reserve your spot on the dance floor with a \$10 minimum donation. 100% of the proceeds from this event will be donated to the American Heart Association.

#### Six Life Hacks for Parents - Maria Fields, MA, LLP

Mon 2/11 6:30-7:30pm FREE **CHE**

Parents will be encouraged in this fun and enlightening workshop. It will empower parents of all ages to engage in this adventure called parenthood!

#### Date Night Ballroom Dancing - Susan Filipiak

Thur 2/21 6:00-7:30pm FREE **DEX**

Grab your partner and come dance the night away! Susan Filipiak will be on hand from 6-6:45pm for a Ballroom lesson followed by open dancing to recorded music.

#### Yoga Tools for a Healthy Blood Pressure - Diane Morse

Wed 2/13 6:00-7:00pm FREE **DEX**

Mon 2/25 6:30-7:30pm FREE **CHE**

Learn how yoga tools can help with blood pressure health. This class will include simple movement and relaxation exercises.

#### Fuel Up with Fiber - Nicole Stankowski, Registered Dietitian

Wed 3/13 6:30-7:30pm FREE **DEX**

Mon 3/18 6:30-7:30pm FREE **CHE**

Learn the importance of fiber and how you can get more into your diet.

#### Stress Management Work Shop - Dr. Krystal Waldo, PhD

Wed 4/10 6:30-7:30pm FREE **DEX**

Mon 4/15 6:30-7:30pm FREE **CHE**

Learn positive ways to cope and manage stress.

#### Meditate Your Way to Better Fitness - Jeanette Brooks

Wed 4/24 6:00-7:00pm FREE **DEX**

Mon 4/29 10:30-11:30am FREE **CHE**

Discover how meditation improves brain function, stress levels, and mental outlook. Learn an easy one-minute process you can use for tapping into the power of meditation. Great resources to start or continue your meditation practice.

#### Dexter Forum FREE **DEX**

1<sup>st</sup> & 3<sup>rd</sup> Saturday of Each Month, 8:30-9:30am

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

#### The Game of Go

Meets Every Friday FREE **DEX**

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.

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

MEM = Chelsea or Dexter Wellness Center Member

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

\*Scholarships Available

### FITNESS CLASSES

#### Adaptable Movement **DEX**

Sat 1/5-2/23 2:15-3:15pm FEE \$56 MEM \$40

Sat 3/2-4/27 2:15-3:15pm FEE \$63 MEM \$45

#### Arthritis Foundation Exercise Program **DEX**

Fri 1/4-2/22 10:00-11:00am FEE \$64 MEM FREE

Fri 3/1-4/26\* 10:00-11:00am FEE \$64 MEM FREE

\*No Class 4/19

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

Thur 1/10-2/14 7:30-8:30pm FEE \$72/cpl MEM \$60/cpl

Thur 3/7-4/11 7:30-8:30pm FEE \$72/cpl MEM \$60/cpl

#### Beginning Ballroom Dance for Couples **DEX**

Mon 1/7-2/11 7:30-8:30pm FEE \$72/cpl MEM \$60/cpl

Mon 3/4-4/8 7:30-8:30pm FEE \$72/cpl MEM \$60/cpl

#### Line Dancing **CHE**

Thur 1/17-2/28 1:15-2:15pm FEE \$56 MEM FREE

Thur 3/7-4/25 1:15-2:15pm FEE \$64 MEM FREE

#### Swing Dance **CHE**

Fri 1/4-2/8 6:00-7:00pm FEE \$72/cpl MEM \$60/cpl

Fri 3/1-4/5 6:00-7:00pm FEE \$72/cpl MEM \$60/cpl

#### Beginning Pickleball **DEX**

Tue 1/15-2/5 10:30-12:00pm FEE \$60 MEM \$40

Wed 1/16-2/6 5:30-7:00pm FEE \$60 MEM \$40

Tue 2/26-3/19 10:30-12:00pm FEE \$60 MEM \$40

Tue 4/2-4/23 10:30-12:00pm FEE \$60 MEM \$40

#### Intermediate Pickleball **DEX**

Wed 2/27-3/20 5:30-7:00pm FEE \$60 MEM \$40

Wed 4/3-4/24 5:30-7:00pm FEE \$60 MEM \$40

#### Tai Chi **CHE**

Thur 1/10-2/28 11:30am-12:30pm FEE \$80 MEM FREE

Thur 3/7-5/2 11:30am-12:30pm FEE \$90 MEM FREE

#### Tai Chi **DEX**

Thur 1/10-2/28 1:00-2:00pm FEE \$80 MEM FREE

Thur 3/7-5/2 1:00-2:00pm FEE \$90 MEM FREE

### MINDFUL CLASSES

#### Chair Yoga **CHE**

Fri 1/11-3/1 10:30-11:30am FEE \$58 MEM FREE

Fri 3/8-4/26 10:30-11:30am FEE \$58 MEM FREE

#### Chair Yoga **DEX**

Tue 1/8-2/26 10:30-11:45am FEE \$72 MEM FREE

Tue 3/5-4/23 10:30-11:45am FEE \$72 MEM FREE

#### Koru Mindfulness & Meditation 4-week workshop **DEX**

Sun 2/3-2/24 1:00-2:30pm FEE \$60 MEM \$60

#### Lunar Flow Yoga **CHE**

Wed 1/9-2/27 5:30-6:30pm FEE \$72 MEM FREE

Wed 3/6-4/24 5:30-6:30pm FEE \$72 MEM FREE



## PILATES REFORMER CLASSES

### Small Group Reformer Classes

DEX

Tue 1/8-1/29	3:00-4:00pm	FEE \$112	MEM \$100
Thur 1/10-1/31	9:00-10:00am	FEE \$112	MEM \$100
Thur 1/10-1/31	4:00-5:00pm	FEE \$112	MEM \$100
Thur 1/10-1/31	6:00-7:00pm	FEE \$112	MEM \$100
Thur 2/7-2/28	9:00-10:00am	FEE \$112	MEM \$100
Thur 3/7-3/28	9:00-10:00am	FEE \$112	MEM \$100
Thur 4/4-4/25	9:00-10:00am	FEE \$112	MEM \$100
Fri 3/1-3/22	12:00-1:00pm	FEE \$112	MEM \$100
Sat 1/5-1/26	9:00-10:00am	FEE \$112	MEM \$100
Sat 2/2-2/23	9:00-10:00am	FEE \$112	MEM \$100
Sat 3/2-3/23	9:00-10:00am	FEE \$112	MEM \$100
Sat 4/6-4/27	9:00-10:00am	FEE \$112	MEM \$100

## AQUA CLASSES

### Aquacize with Arthritis

CHE

Wed 1/9-2/27	12:00-1:00pm	FEE \$64	MEM FREE
Wed 3/6-4/24	12:00-1:00pm	FEE \$64	MEM FREE
Fri 1/11-3/1	12:00-1:00pm	FEE \$64	MEM FREE
Fri 3/8-4/26*	12:00-1:00pm	FEE \$56	MEM FREE

\*No class 4/19

### Aquacize with Arthritis

DEX

Tue 1/8-2/26	11:30am-12:30pm	FEE \$64	MEM FREE
Tue 3/5-4/30*	11:30am-12:30pm	FEE \$64	MEM FREE
Thur 1/10-2/28	11:30am-12:30pm	FEE \$64	MEM FREE
Thur 3/7-4/25	11:30am-12:30pm	FEE \$64	MEM FREE

\*No class 4/2

### Aqua Yoga

DEX

Mon 1/7-2/25	11:30am-12:30pm	FEE \$64	MEM FREE
Mon 3/4-4/29*	11:30am-12:30pm	FEE \$64	MEM FREE

\*No class 4/1

### Beginner Swim - Adult

CHE

Thur 1/10-2/21	8:30-9:30am	FEE \$91	MEM \$70
Thur 2/28-3/21	8:30-9:30am	FEE \$52	MEM \$40

### Beginner Swim - Adult

DEX

Mon 1/7-2/11	8:30-9:30am	FEE \$78	MEM \$60
Mon 2/18-3/18	8:30-9:30am	FEE \$65	MEM \$50

### Master Swim - Adult

DEX

Fri 1/11-2/15	5:30-6:45am	FEE \$66	MEM \$48
Fri 2/22-3/22	5:30-6:45am	FEE \$55	MEM \$40

## AQUA BOARD CLASSES

### Float Fusion

DEX

Mon 1/7-1/14	6:00-7:00pm	FEE \$50	MEM \$40
Mon 1/21-1/28	6:00-7:00pm	FEE \$50	MEM \$40
Mon 2/4-2/11	6:00-7:00pm	FEE \$50	MEM \$40
Mon 2/18-2/25	6:00-7:00pm	FEE \$50	MEM \$40
Mon 3/4-3/11	6:00-7:00pm	FEE \$50	MEM \$40
Mon 3/18-3/25	6:00-7:00pm	FEE \$50	MEM \$40
Wed 1/9-1/16	9:00-10:00am	FEE \$50	MEM \$40
Wed 1/23-1/30	9:00-10:00am	FEE \$50	MEM \$40
Wed 2/6-2/13	9:00-10:00am	FEE \$50	MEM \$40
Wed 2/20-2/27	9:00-10:00am	FEE \$50	MEM \$40
Wed 3/6-3/13	9:00-10:00am	FEE \$50	MEM \$40
Wed 3/20-3/27	9:00-10:00am	FEE \$50	MEM \$40

### Master Swim - Adult

CHE

Mon 1/7-2/18	5:30-7:00am	FEE \$84	MEM \$63
Mon 2/25-3/18	5:30-7:00am	FEE \$48	MEM \$36
Thur 1/10-2/21	5:30-7:00am	FEE \$84	MEM \$63
Thur 2/28-3/21	5:30-7:00am	FEE \$48	MEM \$36

### Pre School Swim (3-5 years) Level 1

CHE

Warm pool. Works on getting students comfortable in the water – includes kicking, floating on front and back, and stroke technique.

Mon 1/14-2/11	3:30-4:00pm	FEE \$55	MEM \$40
Mon 4/1-4/29	3:30-4:00pm	FEE \$55	MEM \$40

### Pre School Swim (3-5 years) Level 1

DEX

Wed 1/16-2/13	3:30-4:00pm	FEE \$55	MEM \$40
Wed 1/16-2/13	4:00-4:30pm	FEE \$55	MEM \$40
Wed 4/3-5/1	3:30-4:00pm	FEE \$55	MEM \$40
Wed 4/3-5/1	4:00-4:30pm	FEE \$55	MEM \$40

### Pre School Swim (3-5 years) Level 2

CHE

Lap pool. Must be able to swim 10 yards on their own. Skills worked on include stroke technique, breathing and endurance.

Mon 1/14-2/11	4:00-4:30pm	FEE \$55	MEM \$40
Mon 4/1-4/29	4:00-4:30pm	FEE \$55	MEM \$40

### Pre School Swim (3-5 years) Level 2

DEX

Wed 1/16-2/13	4:30-5:00pm	FEE \$55	MEM \$40
Wed 4/3-5/1	4:30-5:00pm	FEE \$55	MEM \$40

## SENIOR SWIM

### Senior Swim (60+)

DEX

CHE

2<sup>nd</sup> & 4<sup>th</sup> Friday of the month 1:00-4:00pm FREE

## SMALL GROUP TRAINING

### Balance Your Core

CHE

Mon & Wed 1/7-1/30	1:00-2:00pm	FEE \$200	MEM \$160
Mon & Wed 2/4-2/27	1:00-2:00pm	FEE \$200	MEM \$160
Mon & Wed 3/4-3/27	1:00-2:00pm	FEE \$200	MEM \$160
Mon & Wed 4/8-5/1	1:00-2:00pm	FEE \$200	MEM \$160

### Density Tone Training

DEX

Tue & Thur 2/5-2/28	8:00-9:00am	FEE \$200	MEM \$160
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### Past Your Plateau

CHE

Tue & Thur 1/8-1/31	5:00-6:00pm	FEE \$200	MEM \$160
Tue & Thur 2/5-2/28	5:00-6:00pm	FEE \$200	MEM \$160
Tue & Thur 3/5-3/28	5:00-6:00pm	FEE \$200	MEM \$160
Tue & Thur 4/2-4/25	5:00-6:00pm	FEE \$200	MEM \$160

### Muscle Warfare

DEX

Tue & Thur 3/5-3/28	8:00-9:00am	FEE \$200	MEM \$160
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### Women's Weights

DEX

Tue & Thur 1/8-1/31	8:00-9:00am	FEE \$200	MEM \$160
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### Women's Weights Advanced

DEX

Tue & Thur 1/8-1/31	9:00-10:00am	FEE \$200	MEM \$160
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### Women on Weights

CHE

Tue & Thur 1/8-1/31	8:30-9:30am	FEE \$200	MEM \$160
Tue & Thur 2/5-2/28	8:30-9:30am	FEE \$200	MEM \$160
Tue & Thur 3/5-3/28	8:30-9:30am	FEE \$200	MEM \$160
Tue & Thur 4/2-4/25	8:30-9:30am	FEE \$200	MEM \$160

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