



Winter 2023 Community Programs at Chelsea and Dexter Wellness Centers

COMMUNITY EDUCATION

QPR- Question, Persuade, Refer- Suicide Prevention Training
Question, Persuade, Refer (QPR) teaches participants how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. The course topics include the common causes of suicidal behavior, the warning signs of suicide, and how to get help for someone in crisis and other information on preventing suicide. Registration is required.

Thurs 1/5	6:00 pm – 7:00 pm	FREE	CHE
Wed 1/11	6:00 pm – 7:00 pm	FREE	DEX

Gratitude Yoga

Dianna Kause, Yoga & Meditation Instructor, Life Transition Coach
During this one hour, beginner-friendly yoga class, gratitude is infused through poses, intentions, a brief meditation and an upbeat playlist. Begin the new year with a focus on an 'Gratitude' and watch your optimism for life evolve. Registration is required.

Sun 1/8	10:15 am – 11:15 am	FREE	CHE
Wed 1/11	5:30 pm - 6:30 pm	FREE	CHE

WIM Hof Method

Tim Mann, LPC, SCL, Peak-Performance Coach, Certified Wim Hof Method Instructor, AED/CPR/First Aid Certified.
Learn how the Wim Hof Method (WHM) can help you gain control of your autonomic nervous system and open the door to an array of health benefits. The WHM is a way to tap into the hidden power of oxygen and cold exposure; two natural resources that used to be part of our everyday lives throughout most of evolutionary history, but that has been almost completely lost to the comfort of modern society.

Wed 1/25	6:00pm- 7:00pm	FREE	CHE
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I ♥ Fitness

Get ready for a month dedicated to finding or rekindling your LOVE of fitness! During the month of February both Chelsea and Dexter Centers will be offering several demo classes to sample. The I ♥ Fitness Guest Punch Card allows you to attend up to 5 of the select demo classes. This is the perfect opportunity to check out a class you have been wanting to take! The pass also includes a full day guest pass on Valentine's day to see what the center has to offer
**Demo class schedule will be available on the website or at the centers starting January 10th.

5 Demo Classes	FEE \$30/ MEM FREE	DEX/CHE
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I ♥ Cardio Dance Fitness

Back by popular demand, our fabulous fundraising event for the American Heart Association that will make you want to kick up your heels and dance! Contact the center for more details.

\$10.00 donation receives a T-Shirt with proceeds to the AHA			
Fri 2/24	5:00 pm – 6:30 pm	FREE	DEX

Register Required. See Member Service Desk for registration or call 734-580-2500.

CHE = Chelsea Wellness Center 734-214-0220 **DEX** = Dexter Wellness Center 734-580-2500 **STK** = Stockbridge Wellness Center 517-851-4486

MEM = Chelsea, Dexter or Stockbridge Wellness Center Member
Senior = 60+
Registration required for all events. Please call to register or for more information.

*Scholarships Available

COMMUNITY EDUCATION

Scholarship Opportunities

Wellness Center Scholarships, through the 5 Healthy Towns Foundation, are available to individuals meeting financial criteria.

For more information, visit 5healthytowns.org or call Karen Bradley at 734-214-0232.

Rock Steady Boxing

Mon/Wed/Fri	1:30 pm – 3:00 pm	\$129/month	CHE
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A non-contact boxing-based fitness program designed to minimize the effects of Parkinson's disease and improve activities of daily living.

Call for more information. 734-214-0220

Game of Go

Saturdays	FREE	DEX
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Game of Go lessons and group problem-solving at 10 AM every Saturday, with paired games starting at 11 AM. Beginners and all level of players are welcome.

FITNESS CLASSES

For all Fitness Classes call the Center for more details on pricing!

Cardio Beats

This class combines cardio exercise and drumming to the rhythm of upbeat music for a workout that is perfect for all levels of fitness. It's a fun, fast-paced way to get your heart rate up, improve your rhythm, and burn calories. Even if you typically move to the beat of your own drum, this class is for you! Stability ball and drumsticks provided!

Monday 1/9- 4/24	11:30 am- 12:30 pm	CHE
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Sivanada Yoga

This class offers a modified version of the classic Hatha yoga practice. It features a prescribed sequence of movements and postures, each followed by a brief period of rest (Savasana). This practice is accessible for all levels.

Monday 1/9- 4/24	11:30 am – 12:30pm	CHE
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Line Dancing

Line Dances are choreographed dances with a repeating series of steps that are performed in unison. Easy to learn and a great way to get exercise while having fun!

Thursdays 1/5- 4/20	1:15 pm- 2:15pm	CHE
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Aqua Power

This high intensity workout combines cardio & strength building. Increase your core strength, endurance & power with the help of various techniques, buoyant dumbbells & noodles

Saturday 1/7-4/22	9:15am-10:15am	DEX
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AQUA CLASSES

For all Aqua Classes call the Center for more details on pricing!

All Water Babies, Level 1, Level 2, and Level 3 Aqua Classes are:

30 minutes and run for 4 weeks

Water Babies

This class is for toddlers ages 0 - 2 who need an adult to be with them in the water. This class will have a focus on water safety and will primarily feature songs and games

Tuesday 1/10-4/25	12:00pm	
Tuesday 1/10-4/25	3:30pm	CHE
Monday 1/9- 4/24	3:30pm	
Friday 1/6-4/28	3:30pm	DEX

Minimum of 3 participants, maximum 10

Level 1 Swim

This class is for all students ages 3 as well as students ages 4 - 5 who are new to swimming, or who get nervous in the water. Class will focus on kicking, floating, and blowing bubbles.

Tuesday 1/10-4/25	12:35pm & 4:00pm	
Thursday 1/5-4/27	5:15pm	CHE
Monday 1/9- 4/24	4:00pm	
Friday 1/6-4/28	4:00pm	DEX

Minimum of 3 participants, maximum 6

Level 2 Swim

This class is for students ages 4 - 5 who are comfortable putting their face in the water as well as any students ages 6 - 8. Class will focus on kicking and scooping independently, going underwater, and water safety.

Tuesday 1/10-4/25	4:35pm	
Thursday 1/5-4/27	5:55pm	CHE
Monday 1/9- 4/24	4:35pm	
Friday 1/6-4/28	4:35pm	DEX

Minimum of 3 participants, maximum 6

Level 3 Swim

This class is for students ages 9 - 14 who are able to swim independently but have not mastered any swimming strokes. This class will focus on developing stroke techniques and going underwater in the deep end.

Tuesday 1/10-4/25	5:15pm	CHE
Monday 1/9- 4/24	5:10pm	
Friday 1/6-4/28	5:10pm	DEX

Minimum of 3 participants, maximum 8

All Master Swim and Adult Swim Classes:

Run for 4 weeks, minimum of 3 participants, maximum 8

Master Swim – 60 minutes

Adult Swim – 30 minutes

Master Swim

This class is for students ages 15+ who are interested in swimming for fitness. Swimmers should be familiar with strokes and be able to swim a full lap without assistance.

Thursday 1/12-4/27	6:30pm	CHE
Monday 1/9- 4/24	5:45pm	DEX

Adult Beginner Swim

This is for students ages 15+ who are either just starting out or are interested in swimming in a slower paced environment.

Tuesday 1/10-4/25	6:00pm	CHE
Friday 1/6-4/28	5:45pm	DEX

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SMALL GROUP PERSONAL TRAINING

For all Small Group Personal Training call the Center for more details on pricing!

Pilates Reformer

Unlike mat Pilates, Reformer Pilates is performed on an intelligently designed piece of equipment with a system of springs and pulleys to provide resistance. This builds balanced strength and flexibility, working your body through its full range of motion. Pilates is a full body workout that aligns the body to allow you to do whatever else you want to do more efficiently. Pilates can be modified to fit any body at any age or stage of life.

4 week sessions

Tuesday 1/10- 4/25	8:00am	
Thursday 1/5-4/27	9:30am	
Saturday 1/7- 4/29	10:00am & 11:00am	DEX

Strengthening Your Posture

Improve your posture and reduce or prevent chronic back pain. These 4 week sessions will focus on strengthening your back, shoulder, and core muscles, which are all essential to standing with proper posture and preventing lower back pain.

Monday 1/10- 4/25	12:00 pm – 1:00 pm	CHE
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Minimum of 3 participants, maximum of 8

Functional Movement and Balance

This class is designed to support participants that struggle with movement and balance issues that hinder everyday activities. Our personal trainer, Ryan, will help strengthen muscles through functional training that will strengthen your body for daily living.

Tuesday 1/10- 4/25	1:15 pm	CHE
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Minimum of 3 participants, maximum of 8
Classes run for 4 weeks

Beginner Pickleball Class

Learn the fun court game that everyone is talking about. This beginning clinic consists of four one-hour sessions. It includes an overview of pickleball rules, court layout, equipment, strategy and game play. No previous pickleball experience is necessary.

Tuesday & Thursday 1/17-1/26	10am	DEX	FEE \$40
Tuesday & Thursday 2/7-2/16	10am	DEX	FEE \$40
Tuesday & Thursday 2/7-2/16	5pm	DEX	FEE \$40
Tuesday & Thursday 3/14-3/23	10am	DEX	FEE \$40
Tuesday & Thursday 4/4-4/13	10am	DEX	FEE \$40

Advanced Beginner/Refresher Pickleball Class

This clinic is designed for players who have taken a beginner class and/or have some pickleball experience. This clinic consists of four one-hour sessions. Learn strategies to improve your ground strokes, volleys, overheads, and serves.

Tuesday & Thursday 3/14-3/23	4pm	DEX	FEE \$40
Tuesday & Thursday 4/4-4/13	4pm	DEX	FEE \$40

Fundamentals of TRX

Join Fitness Specialist Brian Castle to learn the fundamentals of TRX® exercise and how to safely use the straps. Total Body Resistance Exercise (TRX®) is revolutionary workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability.

Monday 1/9-2/30	8:30am	DEX
Monday 2/6-2/27	8:30am	DEX

Adaptable Movement

Wed 1/11- 2/15	3:45 pm - 4:45 pm	FEE \$42	DEX
Wed 2/22- 3/29	3:45 pm - 4:45 pm	FEE \$42	DEX
Wed 4/12- 5/17	3:45 pm - 4:45 pm	FEE \$42	DEX

