



# Spring/Summer 2024 Community Programs at Chelsea and Dexter Wellness Centers

## COMMUNITY EDUCATION

### Scholarship Opportunities

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

For more information, visit [5healthytowns.org](http://5healthytowns.org) or call Karen Bradley at 734-214-0232.

### Rock Steady Boxing

A non-contact boxing-based fitness program designed to minimize the effects of Parkinson's disease and improve activities of daily living.

Monday/Wednesday/Friday 1:30 pm – 3:00 pm \$129/month **CHE**  
Call 734-214-0220 for more information.

### Relaxation and Breathing Techniques for Parkinson's Disease

People with Parkinson's Disease have been shown to respond favorably to the practice of Yoga Breathing and relaxation techniques. This class is suitable for people with PD as well as their caregivers. While we cannot reverse PD, it can ease symptoms by improving core strength, flexibility, and balance. This will help decrease stress and bring calm to a busy mind, allowing for deeper relaxation. In addition to postures, breathing techniques will be shared to apply anytime during your day. All levels are welcomed, modifications will be given.

Thursday 5/2-6/13\* 2:00 pm – 3:00 pm  
Thursday 7/25-8/29 2:00 pm – 3:00 pm **CHE**  
MEM \$84 NON-MEM \$90

\*No Class 5/23

### Game of Go

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.

Saturdays **FREE** **DEX**

### FREE SUMMER OUTDOOR YOGA

Please bring your own yoga mat or towel

#### Yoga in the Park- Dexter

##### Mill Creek Park

Sat 6/1- 8/17 8:00 am – 9:00 am\*

#### Yoga on the Lawn – Chelsea

##### Chelsea Library

Sat 6/1- 8/17 10:00 am – 11:00 am\*

#### Yoga at the Lake – Grass Lake

##### Grass Lake County Park

Sat 6/1- 8/17 10:00 am – 11:00 am\*

\*Weather/Instructor permitting. Visit the Wellness Centers social media pages for up to date information

### CPR Classes

CPR/First Aid Training Available at the Wellness Centers.

Contact the Member Service Desk for more details. **CHE/DEX**

## SMALL GROUP PERSONAL TRAINING

### 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. Registration Required. Please contact the Member Service Desk for more information on sessions/prices. **DEX**

#### Level 1

Tuesday 5/7-5/28 8:30 am – 9:30 am

Tuesday 6/4-6/25 8:30 am – 9:30 am

Tuesday 7/9-7/30 8:30 am – 9:30 am

Tuesday 8/6-8/27 8:30 am – 9:30 am

Wednesday 5/1-5/22 12:00 pm – 1:00 pm

Thursday 5/2-5/23 9:30 am – 10:30 am

Thursday 6/6-6/27 9:30 am – 10:30 am

Thursday 7/11-7/25 9:30 am – 10:30 am

Thursday 8/8-8/29 9:30 am – 10:30 am

Saturday 5/18 & 5/25 9:00 am – 10:00 am 10:00 am – 11:00 am

Saturday 6/1-6/15 9:00 am – 10:00 am 10:00 am – 11:00 am

Saturday 7/13 & 7/20 9:00 am – 10:00 am 10:00 am – 11:00 am

Saturday 8/10-8/31 9:00 am – 10:00 am 10:00 am – 11:00 am

### Beginner Pickleball Class

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 4/2-4/11 10:00 am – 11:00 am

Tuesday & Thursday 4/30-5/9 10:00 am – 11:00 am

Tuesday & Thursday 5/21-5/30 10:00 am – 11:00 am **DEX**

### Adaptable Movement

Wednesday 5/22- 6/26\* 3:45 pm – 4:45 pm

Wednesday 7/10- 8/14 3:45 pm – 4:45 pm **DEX**

FEE \$7 per class

\*No class 6/12

### Gen Z Intro to Weight Lifting

This class is design to introduce new exercises to the younger generation that are just getting started into their fitness journey. In this class participants will cycle through several exercises targeting different muscle groups with minimal rest in between each movement. Participants will learn how to tax their muscular strength, endurance, and cardiorespiratory system.

Ages 12-17

Thursday 5/9-6/13 & 7/11-8/15 3:30 pm – 4:15 pm **DEX**

MEM \$84 NON-MEM \$90

**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



## SMALL GROUP PERSONAL TRAINING

\*\*\*No classes Thursday 7/4\*\*\*

### Pre & Post Pregnancy

This class is designed for expecting moms who are looking for a structured prenatal workout plan to maintain strength and muscle tone during and after pregnancy.

Thursday 5/30- 7/11 5:00 pm – 6:00 pm **DEX**  
MEM \$102 NON-MEM \$108

### Strengthen Your Posture

Improve your posture and reduce or prevent chronic back pain. These 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.

Thursday 5/30- 7/11 12:00 pm – 1:00 pm **CHE**  
MEM \$102 NON-MEM \$108

### Strengthen Your Pickleball

Whether you're a seasoned player or just starting your pickleball journey, strength training can significantly elevate your game. Pickleball is a dynamic sport that demands quick movements, explosive bursts of energy, and precise control. Strength training provides the foundation to meet these demands, enhancing your power, endurance, and overall performance on the court.

Thursday 6/6-7/18 & 7/25-8/29 10:00 am – 11:00 am **DEX**  
MEM \$126 NON-MEM \$132  
Limit 4 participants

### PreK Mighty Movers

Get your super energetic kiddo out of the house. Whether you want to develop your child's coordination, gross motor skills or help your child burn off some of his never-ending energy. Parent and child will play together with games to mask a workout that you can do together. Ages 3-5

Wednesday 6/5-7/17 & 7/24-8/28 10:00 am – 10:40 am **DEX**  
MEM \$78 NON-MEM \$84

### All About Balance

This class is designed to teach you how to maintain balance by strengthening the muscles that help keep you upright, including your legs and core. The focus is to improve stability and help prevent falls.

Thursday 7/25-8/29 12:00 pm – 1:00 pm **CHE**  
MEM \$102 NON-MEM \$108

### Pelvic Floor

This class improves the strength and mobility of the pelvic floor, effectively improving the function of multiple systems. Pelvic floor muscle training exercises can help strengthen the muscles under the uterus, bladder, and bowel. Members learn to contract and relax pelvic floor muscles relative to other muscles. They also learn breathing and timing techniques that make the exercises more effective. The exercises are designed to stretch tight muscles, strengthen weak muscles and boost flexibility. This class can help both men and women who have problems with urine leakage, bowel control, endometriosis, weak pelvic floor muscles, pre- and post-natal clients and menopause.

Thursday 7/25- 8/29 5:00 pm – 6:00 pm **DEX**  
MEM \$102 NON-MEM \$108

## AQUA CLASSES

Please contact the Member Service Desk for more information on sessions/prices

Registration Deadline May-June: **May 1** July- August: **July 1**

**No class 5/27, 6/17-6/22, 7/4**

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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

## AQUA CLASSES

### Water Babies

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. This will take place in the warm water pool.

Min.3 Max. 12 participants

Wednesday 5/8- 6/26 & 7/10- 8/21 5:20 pm – 5:50 pm  
Saturday 5/11- 6/29 & 7/13-8/24 1:30 pm – 2:00 pm **CHE**  
Monday 5/6- 6/24 & 7/8-8/19 4:00 pm – 4:30 pm  
Friday 5/10- 6/28 & 7/12-8/23 4:00 pm – 4:30 pm **DEX**

### Preschool Parent

Preschool Parent is for younger students, ages 3-5 who may need a parent's help in the water. Parents required to come dressed to get in the pool, but may choose to sit on the edge if their student is comfortable. This class will have a focus on water safety, floating, blowing bubbles, songs, and games. This class takes place in the warm pool.

Min.3 Max. 6 participants

Wednesday 5/8- 6/26 & 7/10- 8/21 4:00 pm – 4:30 pm **CHE**  
Monday 5/6- 7/1 & 7/8- 8/19 4:40 pm – 5:10 pm  
Thursday 5/9- 6/27 & 7/11- 8/22 4:00 pm – 4:30 pm **DEX**

### Level 1 Swim

For all students aged 4-10 who are not yet comfortable going under water. This class will focus on kicking, floating, blowing bubbles, and water safety. This class will take place in the warm pool. Parents not in the pool.

Min. 3 Max. 6 participants

Tuesday 5/7- 6/25 & 7/9- 8/20 4:00 pm – 4:30 pm  
Wednesday 5/8- 6/26 & 7/10- 8/21 4:40 pm – 5:10 pm  
Saturday 5/11- 6/29 & 7/13- 8/24 2:10 pm – 2:40 pm **CHE**  
Monday 5/6- 7/1 & 7/8- 8/19 5:20 pm – 5:50 pm  
Thursday 5/9- 6/27 & 7/11- 8/22 4:40 pm – 5:10 pm  
Friday 5/10- 6/28 & 7/12- 8/23 4:40 pm – 5:10pm **DEX**

### Level 2 Swim

For students ages 5-12. Level 2 is for students who enthusiastically submerge underwater without plugging their nose. Students should be able to swim 3 feet on their front and float on their back for 10 seconds without assistance prior to enrollment. Students will learn the foundations for strokes such as freestyle and backstroke as well as water safety skills such as treading and survival floating. This class takes place in the warm pool. Parents not in the pool.

Min. 3 Max. 6 participants

Tuesday 5/7- 6/25 & 7/9- 8/20 4:40 pm – 5:10 pm  
Wednesday 5/8- 6/26 & 7/10- 8/21 6:00 pm – 6:30 pm **CHE**  
Monday 5/6- 7/1 & 7/8- 8/19 6:00 pm – 6:30 pm  
Thursday 5/9- 6/27 & 7/11- 8/22 5:20 pm – 5:50 pm  
Friday 5/10- 6/28 & 7/12- 8/23 5:20 pm – 5:50 pm **DEX**

### Level 3 Swim

For students ages 6-14. Level 3 is for students who can swim 15 feet on their own but are still developing their swimming strokes. Students will learn strokes such as freestyle, backstroke, and breaststroke as well as how to tread water. This class will take place in the lap pool. Parents not in the pool. Min. 3 Max. 6 participants

Tuesday 5/7- 6/25 & 7/9- 8/20 5:20 pm – 5:50 pm **CHE**  
Thursday 5/9- 6/27 & 7/11- 8/22 6:00 pm – 6:30 pm  
Friday 5/10- 6/28 & 7/12- 8/23 6:00 pm – 6:30 pm **DEX**

### Level 4 Swim

For students ages 7-16. Level 4 is for students who can swim 25 feet using freestyle and backstroke, and students who are familiar with breaststroke. Students in level 4 will be introduced to the butterfly stroke, build endurance and learn drills to refine their stroke technique. Students will also learn how to safety dive to the bottom of the pool from inside of the water. This class will take place in the lap pool. Parents not in pool. Min. 3 Max. 6 participants

Tuesday 5/7- 6/25 & 7/9- 8/20 6:00 pm – 6:30 pm **CHE**

