



# Winter 2025 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**  
All levels welcome. Call 734-214-0220 for more information.

### 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**

### Insightful Workout Choices

John Cavender – B.S, Fitness Specialist and Personal Trainer

How to take your current program and create changes that suit your goals.

Wednesday 2/5 6:00 pm – 7:00 pm **FREE** **DEX**  
Call 734-580-2500 to register

### Optimizing Brain Health

Melissa Sundermann, M.D

Learn how to optimize brain health with lifestyle medicine.

Wednesday 3/5 12:00 pm – 1:00 pm **FREE** **DEX**  
Call 734-580-2500 to register

### St. Patrick's Day Indoor Triathlon

Try your luck at our indoor triathlon. 10-min swim, 15-min bike, and 15 min run. Individuals and teams welcome.

Sunday 3/16 9:00 am – 2:30 pm **DEX**

Please contact the Member Service Desk for more information on pricing.

### Dance Cardio Event

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 2/28 5:00 pm – 6:30 pm **FREE** **DEX**

Registration required. See Member Service Desk for registration or call 734-580-2500.

### Wiggles PreK Class

Our Wiggles for PreK class offers a fantastic opportunity for preschoolers to have a blast while also developing important social skills and learning to follow directions. With our program, you can bring your child to enjoy structured playtime, regardless of the weather. Join us and maximize the fun in your child's playtime!

Call 734-580-2500 for dates/times/prices

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

### 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. 734-580-2500 **DEX**

#### Level 1

Tuesday 8:30 am – 9:30 am

#### Advanced

Wednesday 8:30 am – 9:30 am

Wednesday 12:00 pm – 1:00 pm

Thursday 8:30 am – 9:30 am

Thursday 9:30 am – 10:30 am

### Pilates Fusion

This class is combines traditional Pilates with elements and props from other forms of exercise. You will get a complete workout that includes core and balance work, body mechanics knowledge and fascia release!

Thursday 2/6- 2/27 10:30 am – 11:30 am

Thursday 3/6- 3/27 10:30 am – 11:30 am

Thursday 4/3- 4/24 10:30 am – 11:30 am

Cost- \$60

**CHE**

### Aqua Board Fitness Classes

Take your fitness to a new level with our Aqua Board classes. These 4-week small group classes offer a total body workout that focus on using core stability to improve balance, mobility, strength, flexibility, and endurance.

#### Aqua Board Strength, Balance, & Mobility

Monday 2/3- 2/24 3/3- 3/31\* 4/7- 4/28 4:00 pm – 5:00 pm

Thursday 2/6- 2/27 3/6- 4/3\* 4/10- 5/1 9:30 am – 10:30 pm **DEX**

MEM \$104 NON-MEM \$112 \*No class the week of 3/24

### Interested in Aqua Board classes?

Take advantage of our **FREE** "try it out" week of mini ½ hour classes! Pre-registration required.

Monday 1/27 4:00 pm – 4:30 pm & 4:30 pm – 5:00 pm

Thursday 1/30 11:00 am – 11:30 am & 11:30 am – 12:00 pm **DEX**

### Powerlifting

Unlock your strength potential with this beginner-friendly powerlifting class focused on the foundational lifts; squat, bench press, and deadlift. You'll learn the essentials of technique, breathing, and body positioning to build a solid foundation for powerlifting. You will be guided through warm-ups, movement cues, and progressive lading, ensuring proper form and reducing risk of injury. This class is designed to help you gain confidence, improve strength, and understand how to execute each lift safely and effectively.

Monday & Wednesday 1/13- 2/5

3:30 pm – 4:30 pm

**CHE**

Monday & Wednesday 2/17- 3/12

3:30 pm – 4:30 pm

**CHE**

Monday & Wednesday 3/24- 3/16

3:30 pm – 4:30 pm

**CHE**

MEM \$192 NON-MEM \$208



## SMALL GROUP PERSONAL TRAINING

### Fall into Balance

This is an 8-week course that will meet 2 times a week focusing on maintaining one's balance. We will work on strengthening key muscles responsible for keeping you upright, particularly focus on your legs and core. Emphasis on the abilities to stabilize the body to prevent falls.

Tuesday & Thursday 1/21- 2/27 11:00 am – 12:00 pm **DEX**  
Tuesday & Thursday 3/4- 4/22 11:00 am – 12:00 pm **DEX**

MEM \$304 NON-MEM \$352

### Women on Weights

If you're unsure about what to do on the Fitness Floor & worried about bulking up, we have the perfect solution for you. Our female-focused class is designed to introduce you to the Fitness Floor & weightlifting techniques that will help you get stronger in the right way. It's a fantastic option to compliment any cardio workout you may be doing.

Led by our certified Personal Trainer, this class will provide you with instruction on proper form, technique, and a variety of lifts for each muscle group. The aim is to make you feel more comfortable and confident when training in the free weight area of our Wellness Center. To ensure a personalized experience, class sizes are limited.

Don't let uncertainty hold you back from achieving your fitness goals. Get ready to become stronger and more confident in your training routine.

Tuesday & Thursday 2/4- 2/27 5:30 pm – 6:30 pm **DEX**  
Tuesday & Thursday 3/4- 4/8\* 5:30 pm – 6:30 pm **DEX**

\*no class on 3/25 & 3/27

MEM \$152 NON-MEM \$176

### Stretching & Functional Movement for Pickleball

Pickleball is a sport that combines agility, speed, and precision. To excel on the court, strength training is essential. It provides the foundation needed for powerful and explosive movements, enhancing both endurance and control. Our certified personal trainer is ready to guide you through a specialized program working with you twice a week for 4 weeks, they will help you establish a routine focused on building your strength and flexibility. This tailored approach is designed to elevate your performance, whether you're a seasoned player or new to the game. If you're interested in exploring how this program can enhance your pickleball skills, stop by the member service desk for more detail.

Tuesday 2/4- 3/11 & 3/25- 4/29 12:00 pm – 1:00 pm **DEX**

MEM \$120 NON-MEM \$132

### 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 1/7- 1/21 10:00 am – 11:00 am **DEX**

\*No class 1/9

Tuesday & Thursday 1/28-2/6 10:00 am – 11:00 am **DEX**

Tuesday & Thursday 2/25-3/4 10:00 am – 11:00 am **DEX**

Tuesday & Thursday 3/18-3/27 10:00 am – 11:00 am **DEX**

Tuesday & Thursday 4/8-4/17 10:00 am – 11:00 am **DEX**

\$60 Mem \$64 Non-Mem

### Love Your Brain Yoga

Love Your Brain (LYB) Yoga is a 6-week community-based program for people recovering from traumatic brain injury (TBI), concussions or head trauma and their caregivers. LYB yoga offers gentle exercise and mindfulness to help; enhance strength, balance and flexibility, improve quality of life and resilience. It also helps reduce stress, mental fatigue, pain and increases attention and memory. LYB yoga is based on neuroscientific evidence as to what works for the TBI community. No yoga experience is necessary.

Tuesday 1/7- 2/11 3:00 pm – 4:00 pm **CHE**

Tuesday 2/18- 3/25 3:00 pm – 4:00 pm **CHE**

Tuesday 4/1- 5/6 3:00 pm – 4:00 pm **CHE**

MEM \$114 NON-MEM \$120

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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

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

Registration Deadline: Feb.- Mar.: Jan 29 April.- May: Mar. 19

### 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

Saturday 2/8- 3/15 & 4/5- 5/10 10:00 am – 10:30 am **CHE**

Monday 2/3- 3/10 & 3/31-5/5 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

Saturday 2/8- 3/15 & 4/5- 5/10 10:40 am – 11:10 am **CHE**

Monday 2/3- 3/10 & 3/31- 5/5 4:40 pm – 5:10 pm

Friday 2/7- 3/14 & 4/4- 5/9 4:00 pm – 4:30 pm **DEX**

### Level 1 Swim

For all students aged 4-10 who are not yet comfortable going under water. 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 2/4- 3/11 & 4/1- 5/6 4:00 pm – 4:30 pm

Saturday 2/8- 3/15 & 4/5- 5/10 11:20 am – 11:50 pm **CHE**

Monday 2/3- 3/10 & 3/31- 5/5 5:20 pm – 5:50 pm

Friday 2/7- 3/14 & 4/4- 5/9 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 2/4- 3/11 & 4/1- 5/6 4:40 pm – 5:10 pm **CHE**

Monday 2/3- 3/10 & 3/31- 5/5 6:00 pm – 6:30 pm

Friday 2/7- 3/14 & 4/4- 5/9 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 2/4- 3/11 & 4/1- 5/6 5:20 pm – 5:50 pm

Saturday 2/8- 3/15 & 4/5- 5/10 12:00 pm – 12:30 pm **CHE**

Friday 2/7- 3/14 & 4/4- 5/9 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 2/4- 3/11 & 4/1- 5/6 6:00 pm – 6:30 pm **CHE**

