



## FALL 2025

### Community Programs at Chelsea, Dexter and Stockbridge Wellness Centers

#### COMMUNITY EDUCATION

##### NERVOUS SYSTEM RESET YOGA & JOURNALING

Whether you're looking for ways to unwind after a busy day or want to develop long-term strategies for stress management, this class provides techniques that help promote relaxation, emotional clarity, and overall well-being through a combination of yoga, somatic practices, and journaling. Join us to experience a more grounded and peaceful state of mind, no matter how hectic life gets. **Registration required. For more information or to register visit the Member Service Desk or call 734-580-2500.**

Saturday 9/20 8:30am-10:00am FREE DEX

##### DIGITAL DETOX

Doom-scrolling, binge watching, FOMO (fear of missing out) are all part of our digital landscape. Our phones/devices have been shown to contribute to difficulty with focus, daily mental fatigue, increased anxiety, stress and depression. It's time for a digital detox. Learn techniques to break the electronics habit, take control of your mind and be in the present moment! **Registration required. For more information or to register visit the Member Service Desk or call 734-214-0220.**

Monday 9/22 6:00pm-7:00pm FREE  
Monday 9/29 6:00pm-7:00pm FREE CHE

##### WOMEN'S HEALTH AND FITNESS DAY

Women workout **FREE** at any Center  
**Wednesday, September 24<sup>th</sup>!** CHE/DEX/STK

##### PELVIC FLOOR PILATES for Women's Health & Fitness Day

This class focuses on strengthening the pelvic floor muscles, deep core, and postural alignment. Ideal for those recovering from childbirth, managing pelvic health concerns, or simply looking to build a stronger foundation, this class combines breathwork, controlled movement, and education to support pelvic floor function. Open to all levels, with modifications provided to meet individual needs in a safe, supportive environment. **Registration required. For more info or to register visit the Member Service Desk or call 734-580-2500.**

Wednesday 9/24 5:45pm-6:45pm FREE DEX

##### PROJECT PUMPKIN for Women's Health & Fitness Day

Join Eli Kemper from Curiouser Clay for a fun, relaxed, and creative evening designed just for women! Come ready to unwind, socialize, and leave with a festive fall creation you made yourself. All materials are provided. **Registration required. For more information or to register visit the Member Service Desk or call 734-214-0220. Max 30 participants.**

Wednesday 9/24 6:00pm-7:30pm FREE CHE

#### COMMUNITY EDUCATION

##### GRIEF RELEASE YOGA

Explore releasing unconscious, stored grief in the body. As we journey toward healing the body, mind and spirit, we may need an intentional, physical release. This special yoga class will include gentle poses, a meditative environment and a soulful playlist. Whether you are carrying grief from the past year or ten years ago or longer, you are welcome to attend. Feel free to bring a small photo or token of remembrance to place near your mat. **Registration required. For more information or to register visit the Member Service Desk or call 734-214-0220.**

Monday 10/6 6:00pm-7:00pm FREE  
Monday 11/3 6:00pm-7:00pm FREE  
Monday 12/1 6:00pm-7:00pm FREE CHE

##### 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 10:00am-12:00pm FREE DEX

##### 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.**

#### SMALL GROUP CLASSES

##### 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. All levels welcome! **Registration required. For more information or to register visit the Member Service Desk or call 734-214-0220.**

Monday/Wednesday/Friday 1:30pm-3:00pm \$129/month CHE

##### BEGINNER PICKLEBALL

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. **Registration required. For more info or to register visit the Member Service Desk or call 734-580-2500.**

Tuesday & Thursday 9/2-9/11 10:00am-11:00am  
Tuesday & Thursday 9/23-10/1 10:00am-11:00am  
Tuesday & Thursday 10/21-10/30 10:00am-11:00am  
Tuesday & Thursday 11/11-11/20 10:00am-11:00am  
Tuesday & Thursday 12/9-12/18 10:00am-11:00am DEX  
\$60 Mem \$64 Non-Mem

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 CLASSES

### REFORMER PILATES

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

#### Level 1

Tuesday 8:30–9:30am  
Wednesday 11:30–12:30pm  
Wednesday 4:30–5:30pm  
Thursday 9:30–10:30am  
Thursday 12:30pm–1:30pm

#### Advanced

Thursday 8:30–9:30am

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Please contact the Member Service Desk for more information on sessions/prices. 734-580-2500

### HEALTHY BONES OSTEO PILATES

**Build strength. Improve posture. Support your bones.**

This gentle yet effective Pilates class is **designed specifically for individuals with osteopenia and osteoporosis**. With a focus on posture, balance, core stability, and safe spinal alignment, you'll move through controlled exercises that help improve strength, flexibility, and coordination. **Registration required. Class size is limited. For more info or to register visit the Member Service Desk or call 734-214-0220.**

#### LEVEL 2

Thursday 9/11-10/9 9:30am-10:45am 10:45am-12:00pm  
Thursday 10/16-11/13 9:30am-10:45am 10:45am-12:00pm  
MEM FREE NON-MEM \$185

#### LEVEL 1

CHE

### PELVIC FLOOR PILATES

This class focuses on strengthening the pelvic floor muscles, deep core, and postural alignment. Ideal for those recovering from childbirth, managing pelvic health concerns, or simply looking to build a stronger foundation, this class combines breathwork, controlled movement, and education to support pelvic floor function. Open to all levels, with modifications provided to meet individual needs in a safe, supportive environment. **Registration Required. Sign up for 4-week sessions at the front desk, or call 734-580-2500.**

Sunday 9/14-10/5 3:00pm–4:00pm

Sunday 10/19-11/9 3:00pm–4:00pm

MEM \$76 NON-MEM \$88

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### FALL INTO BALANCE

This is an 8-week course that meets twice a week focuses 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. **Registration Required. Sign up for 8-week sessions at the front desk, or call 734-580-2500.**

Tuesday & Thursday 9/4-10/28 10:30am–11:30am

MEM \$304 NON-MEM \$352

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### STRENGTHENING YOUR POSTURE

Improve your posture and reduce or prevent chronic back pain. This 4-week session, that meets twice a week will focus on strengthening your back, shoulder, and core muscles, which are all essential to standing with proper posture and preventing lower back pain. **Registration Required. Sign up for 4-week sessions at the front desk, or call 734-580-2500.**

Tuesday & Thursday 11/4-12/16\* 10:30am–11:30am

\*No Class 11/27

MEM \$228 NON-MEM \$264

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Senior = 60+

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

\*Scholarships Available

## WOMEN ON WEIGHTS

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. Led by our certified 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.

**Registration Required. Sign up for 4-week sessions at the front desk, or call 734-580-2500.**

Monday & Friday 9/5-9/29 6:00pm–7:00pm

Monday & Friday 10/3-10/27 6:00pm–7:00pm

Monday & Friday 11/10-12/8 6:00pm–7:00pm

\*No Class 11/28

MEM \$152 NON-MEM \$176

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### INTRO TO ROWING

This class is perfect for beginners who want to learn how to use a rowing machine. You'll discover the basics of proper technique, adjusting resistance and how to get the most out of your rowing workout. Expect a full-body workout that builds strength and endurance while being easy on the joints. With clear instructions and support, you'll gain the confidence to incorporate rowing into your fitness routine.

**Registration Required. Sign up for 5-week sessions at the front desk, or call 734-580-2500.**

Monday 10/20-11/17 10:00am–10:30am

MEM \$125 NON-MEM \$140

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### ROWING STRONG

This class is designed for those who are familiar with rowing and want to take their workout to the next level. You'll build on your basic technique while focusing on increasing strength, speed and endurance. Expect a high energy, full body workout that will challenge your stamina, power and form. Whether you're training for performance or looking to mix up your fitness routine, this class will help you push your limits and see great results!

**Registration Required. Sign up for a 5-week session at the front desk, or call 734-580-2500.**

Monday 10/20-11/17

10:30am–11:15am

MEM \$140 NON-MEM \$160

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### AQUA BOARD FITNESS CLASSES

Take your fitness to a new level with our Aqua Board classes.

These small group classes offer a total body workout that focus on using core stability to improve balance, mobility, strength, flexibility, and endurance.

**Registration Required. Sign up for 4-week sessions at the front desk, or call 734-580-2500.**

#### Demo Classes:

Monday 9/29 4:00pm–5:00pm **Strength, Balance & Mobility**

Tuesday 9/30 10:30am–11:30am **Circuit**

Saturday 10/4 1:00pm–2:00pm **Strength, Balance & Mobility**

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

Monday 10/6-27 4:00pm–5:00pm

Monday 11/3-12/1 4:00pm–5:00pm

Saturday 10/11-11/1 1:00pm–2:00pm

Saturday 11/8-12/6\* 1:00pm–2:00pm

\*No Class 11/29

#### Aqua Board Circuit

Tuesday 10/7-10/28 10:30am–11:30am

Tuesday 11/4-12/2 10:30am–11:30am

MEM \$104 NON-MEM \$112

