



WINTER 2026

Community Programs at

Chelsea, Dexter and Stockbridge Wellness Centers

COMMUNITY EDUCATION

HEALTHY BONES OSTEOPILATES

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. Sign up for 5-week sessions. Class size is limited. Level 2 requires Instructor approval. For more info or to register visit the Member Service Desk or call 734-214-0220.**

LEVEL 2

Thursday 1/15-2/12 9:30am-10:45am

Thursday 2/19-3/19 9:30am-10:45am

Thursday 3/26-4/23 9:30am-10:45am

MEM FREE NON-MEM \$95

LEVEL 1

10:45am-12:00pm

10:45am-12:00pm

10:45am-12:00pm

CHE

TAI CHI FORM

Discover the gentle flowing practice of Tai Chi in this form-focused class designed for all levels. Through slow intentional movements, you'll develop balance, mobility and inner calm while learning traditional Tai Chi forms step by step. This class is presented in two 5-week sessions, allowing participants to build skills gradually. Each week introduces new forms and refines technique with guided instruction in posture, breathing and smooth transitions. **Registration required. For more info or to register visit the Member Service Desk or call 734-580-2500.**

Monday 1/12-2/9 5:30pm-7:00pm Form 1

Monday 2/23-3/23 5:30pm-7:00pm Form 2

MEM: FREE NON-MEM \$90

DEX

DEX

RELEASE YOUR GRIEF 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.

Registration required. For more info or to register visit the Member Service Desk or call 734-214-0220.

Monday 1/12 6:00pm-7:00pm FREE

Monday 2/9 6:00pm-7:00pm FREE

Monday 3/9 6:00pm-7:00pm FREE

CHE

MY FIT RX OPEN HOUSE

Learn more about our MyFitRx program and how it can support your health journey through guided, medically informed exercise.

Tuesday 2/17 10:00am-12:00pm & 4:00pm-6:00pm CHE

Wednesday 2/18 10:00am-12:00pm & 4:00pm-6:00pm DEX

HEART HEALTH with Dr. Lori Tamagne

Join Dr. Lori Tamagne for an informative talk on heart health, covering key strategies for prevention, lifestyle habits, and overall cardiovascular wellness.

Tuesday 2/17 10:30am-11:30am

CHE

Wednesday 2/18 5:00pm-6:00pm

DEX

CHE = Chelsea Wellness Center DEX = Dexter Wellness Center
734-214-0220 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

DANCE CARDIO EVENT

Get ready to kick up your heels for a fun high energy dance cardio event benefiting the American Heart Association! Our instructors will lead you through an unforgettable evening of music, movement and community spirit! **Registration required. For more info or to register visit the Member Service Desk or call 734-580-2500.**

Friday 2/27 6:00pm-7:30pm FREE DEX

\$15.00 donation receives a T-Shirt with proceeds to the AHA

ST. PATRICK'S DAY INDOOR TRIATHLON

Try your luck out at our indoor triathlon- open to all fitness levels because everyone deserves a chance to sham-rock their fitness goals! And who knows? You might just find your personal pot of gold in the form of a new PR! 10 minute swim, 15 minute bike and 15 minute run. Individuals and teams welcome!

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

Sunday 3/15 9:00am DEX

MEM \$30 NON-MEM \$40

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 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 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 1/6-1/15 10:00am-11:00am

Tuesday & Thursday 1/20-1/29 10:00am-11:00am

Tuesday & Thursday 2/3-2/12 10:00am-11:00am

Tuesday & Thursday 3/17-3/26 10:00am-11:00am

Tuesday & Thursday 4/7-4/16 10:00am-11:00am

\$60 Mem \$64 Non-Mem DEX



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. Unless noted, classes are Level 1.

Monday 6:30pm-7:30pm Thursday 8:30am-10:30am [*advanced](#)

Tuesday 8:30am-9:30am Thursday 9:30am-10:30am

Wednesday 9:00am-10:00am Thursday 12:30pm-1:30pm

Wednesday 4:30pm-5:30pm Saturday 8:30am-9:30am

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

ATHLETIC PERFORMANCE WORKSHOP

Discover your athletic potential with fitness specialist Omar Elreedi in this dynamic class designed for teens ages 12-17. Whether you're on the field, court, or track, this session introduces evidence-based training methods focused on building power, balance, and durability in athletic movement. Participants will learn techniques to improve performance, reduce the risk of injury and concussion, and develop key strategies that support long-term athletic development.

Registration required. For more info or to register visit the Member Service Desk or call 734-214-0220.

Monday 1/19-2/9 6:00pm

Monday 2/23-3/16 6:00pm

MEM \$84 NON-MEM \$92

CHE

PELVIC FLOOR HEALTH WORKSHOP

Join fitness specialist Lis Cordeiro to gain helpful insights into managing symptoms, preventing issues, and better understanding your body so you can take control of your pelvic health. This vital, but often overlooked, aspect of well-being affects both men and women. This class is ideal for anyone looking to improve core health, reduce discomfort, and build a stronger foundation for movement and daily life. **Registration required. For more info or to register visit the Member Service Desk or call 734-214-0220.**

Tuesday 1/13-4/28 1:00pm-2:00pm

Tuesday 2/17-3/10 1:00pm-2:00pm

Tuesday 3/24-4/14 1:00pm-2:00pm

MEM \$84 NON-MEM \$92

CHE

GAME ON!

Get ready for fun, fitness, and friendly competition! Game On! is a 45-minute action-packed class designed for kids in 3rd-5th grade who love to move and play. Each week features a mix of gym-style games, team challenges, and active exercises that build strength, coordination, and teamwork — all while having a blast! Kids will develop confidence, sportsmanship, and a love for staying active in a supportive and upbeat environment. **Registration Required. Sign at the front desk, or call 734-580-2500.**

Wednesday 1/14-2/18 4:15pm-5:00pm

Wednesday 3/4-4/15 4:15pm-5:00pm

MEM \$96 NON-MEM \$106

DEX

FALL INTO BALANCE

This 8-week program is designed to help participants improve balance, stability and confidence in everyday movement. Meeting twice a week, the focus is on strengthening the key muscle groups that keep you upright- especially the legs, hips and core. Additional emphasis is placed on developing the ability to stabilize the body to effectively to help prevent falls. **Registration Required. Sign up for 8-week sessions at the front desk, or call 734-580-2500.**

Tuesday & Thursday 1/13-3/5 10:30am-11:30am

MEM \$304 NON-MEM \$352

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*Scholarships Available

STRENGTHENING YOUR POSTURE

Improve your posture and reduce or prevent chronic back pain. This 6-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 6-week sessions at the front desk, or call 734-580-2500.

Tuesday & Thursday 3/17-4/23 10:30am-11:30am

MEM \$228 NON-MEM \$264

DEX

RUNNERS REHAB

Created to support healthy, efficient movement for anyone who runs, this class emphasizes recovery, strength, and injury prevention. Using a combination of bodyweight exercises, dynamic stretching, low-impact plyometric, and balance training, you'll improve flexibility, stability, and overall performance. Ideal for runners of all levels, this class builds resilience, reduces discomfort, and helps you return to running stronger and more efficiently.

Registration Required. Sign up for 8-week sessions at the front desk, or call 734-580-2500.

Wednesday 1/14-3/4 7:30am-8:30am

Wednesday 3/18-5/13 7:30am-8:30am

MEM \$168 NON-MEM \$184

DEX

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. **Registration Required.**

Sign up at the front desk, or call 734-580-2500.

Monday 2/2- 3/9 10:00am-10:30am & 10:30am-11:00am

Monday 4/6-5/4 10:00am-10:30am

MEM \$125 NON-MEM \$140

DEX

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. **Registration Required.**

Sign up at the front desk, or call 734-580-2500.

Monday 4/6-5/4 10:30am-11:15am

MEM \$140 NON-MEM \$150

DEX

MASTER SWIM TUNE UP

A one-time Masters Swim session focused on refining stroke technique, improving efficiency, and gaining personalized feedback to enhance your performance in the pool. **Registration Required.**

Tuesday, January 6 5:00pm-6:00pm

Tuesday, January 20 5:00pm-6:00pm

Tuesday, April 28 5:00pm-6:00pm

MEM \$20 NON-MEM \$30

DEX

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.**

Aqua Board Strength, Balance, & Mobility

Monday 1/26- 2/16 4:00pm-5:00pm

Monday 2/23- 3/16 4:00pm-5:00pm

Aqua Board Circuit

Tuesday 1/27- 2/17 11:45am-12:45pm

Tuesday 2/24- 3/17 11:45am-12:45pm

MEM \$104 NON-MEM \$112

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