



Wellness Connection Calendar

Build Healthy Habits. Stay Motivated. Connect With Your Community.

Week 1: Week of May 4

			Location
Monday, May 4	Yoga with Rhonda	5:30pm	Manchester
Tuesday, May 5	Cardio Drumming with Erin	6:30pm	Stockbridge
Tuesday, May 5	Step Cardio with Danielle	5:30pm	Dexter
Wednesday, May 6	Yoga with Roo	7:00pm	Chelsea
Thursday, May 7	Yoga with Maureen	5:30pm	Dexter
Thursday, May 7	Cardio with Mara	7:30pm	Chelsea

Week 2: Week of May 11

Monday, May 11	Zumba with Julie	5:00pm	Manchester
Monday, May 11	Yoga with Julie	6:00pm	Manchester
Tuesday, May 12	Cardio Drumming with Erin	6:30pm	Stockbridge
Tuesday, May 12	Cardio with Mara	5:30pm	Dexter
Wednesday, May 13	Yoga with Roo	7:00pm	Chelsea
Thursday, May 14	Yoga with Maureen	5:30pm	Dexter
Thursday, May 14	Zumba with Laura	7:30 pm	Chelsea

Week 3: Week of May 18

Monday, May 18	Zumba with Julie	5:00pm	Manchester
Monday, May 18	Yoga with Julie	6:00pm	Manchester
Tuesday, May 19	Cardio Drumming with Erin	6:30pm	Stockbridge
Wednesday, May 20	Cardio with Mara	5:30pm	Dexter
Wednesday, May 20	Yoga with Dianna	5:30pm	Manchester
Wednesday, May 20	Yoga with Roo	7:00pm	Chelsea
Thursday, May 21	Yoga with Maureen	5:30pm	Dexter
Thursday, May 21	Cardio with Mara	7:30pm	Chelsea

Week 4: Week of May 25

Tuesday, May 26	Step Cardio with Danielle	5:30pm	Dexter
Wednesday, May 27	Yoga with Roo	7:00pm	Chelsea
Thursday, May 28	Yoga with Maureen	5:30pm	Dexter
Thursday, May 28	Cardio with Mara	7:30pm	Chelsea

Week 5: Week of June 1

Monday, June 1	Zumba with Julie	5:00pm	Manchester
Monday, June 1	Yoga with Julie	6:00pm	Manchester
Tuesday, June 2	Cycle Core with Mary Toth	5:30pm	Stockbridge
Wednesday, June 3	Yoga with Roo	7:00pm	Chelsea
Wednesday, June 3	Yoga with Jeanette	7:00pm	Dexter
Thursday, June 4	Cardio with Mara	7:30pm	Chelsea

 All activities are included with free program registration.

Week 6: Week of June 8

			Location
Monday, June 8	Zumba with Julie	5:00pm	Manchester
Monday, June 8	Yoga with Julie	6:00pm	Manchester
Tuesday, June 9	Cycle Core with Mary Toth	5:30pm	Stockbridge
Tuesday, June 9	Cardio Strength with Danielle	5:30pm	Dexter
Wednesday, June 10	Yoga with Roo	7:00pm	Chelsea
Thursday, June 11	Cardio with Mara	7:30pm	Chelsea

Week 7: Week of June 15

Monday, June 15	Zumba with Julie	5:00pm	Manchester
Monday, June 15	Yoga with Julie	6:00pm	Manchester
Tuesday, June 16	Cycle Core with Mary Toth	5:30pm	Stockbridge
Wednesday, June 17	Yoga with Roo	7:00pm	Chelsea
Thursday, June 18	Cardio with Mara	7:30pm	Chelsea

Week 8: Week of June 22

Monday, June 12	Zumba with Julie	5:00pm	Manchester
Monday, June 12	Yoga with Julie	6:00pm	Manchester
Wednesday, June 24	Yoga with Roo	7:00pm	Chelsea
Thursday, June 25	Cardio with Mara	7:30pm	Chelsea

 All activities are included with free program registration.

Walks and Workshops Experiences

Presented by the Timber Creek Foundation

Community in Nature: Reset Walks
Take a break, get outside, and recharge with a guided community walk.

Tuesdays at 11:00am

May 5	Dexter	
May 12	Chelsea	
May 19	Stockbridge	
May 26	Manchester	
June 2	Grass Lake*	*Walk meets at Thom Baird Nature Preserve (next to GL High School)

The Deep Habits Workshop
“The Internal Architecture of Sustainable Habit Change” — Build lasting habits that support your health and wellbeing.

Tuesdays at 5:30pm

May 12	Dexter
May 19	Chelsea
May 26	Stockbridge

All walks and workshops are hosted at the Wellness Center serving each listed community.

Registration is required for these individual classes and scheduled events.
You may register through Member Self-Service or by calling the center at 734-214-0220.

Classes or events held at the Manchester Wellness Center require registration by calling the Chelsea Wellness Center at the number listed above.

Presented by:

