

# Spring/Summer 2016 Community Programs

Chelsea and Dexter Wellness Centers

## COMMUNITY EDUCATION

### Intuitive Eating Workshop **DEX**

Christine Huff, RDN

Wed 5/11-6/29 11 am-12 pm FEE: \$115; MEM \$85

Become the expert of your own body and distinguish between physical and emotional feelings while promoting your natural weight.

### Women's Health, Hormones and Menopause **CHE**

Dr. Diane Howlin, M.D., F.A.C.P.

Thu 5/12 6:30-7:30pm FEE: **FREE!**

Learn what to expect during peri, menopause and post menopause and how to cope with the changes your body goes through.

### Senior Health & Fitness Day: Sit N' Be Fit **CHE**

Wed 5/25 11:30am-12pm FEE: **FREE!**

A fun class for seniors!

### Senior Health & Fitness Day: Membership Special! **DEX CHE**

Wed 5/25 All Day FEE: **FREE!**

Seniors workout for **FREE** on 5/25! All seniors who join the Wellness Centers on Senior Health and Fitness day will receive a **FREE** gift!

### Senior Health & Fitness Day:

#### Know the 10 Warning Signs of Alzheimer's

Marie DeLand, Alzheimer's Association

Wed 5/25 12-1:30pm\* FEE: **FREE!** **CHE**

Lunch & Learn at CWC: Lunch at 12pm followed by presentation at 12:30pm

Wed 5/25 3-4pm FEE: **FREE!** **DEX**

Snack N' Yak at DWC

Interactive workshop addressing the 10 warning signs of Alzheimer's disease.

### Men's Health & Fitness Day:

#### Muscler Men - What I Need to Know!

Mon 6/13 6:30-7:30pm FEE: **FREE!** **CHE**

Shannon Huntley, RDN & Tyler Steenrod, ACSM Certified Personal Trainer

Wed 6/15 6:30-7:30pm FEE: **FREE!** **DEX**

Dr. Marvin Boluyt, PhD and Brian Castlen, Fitness Specialist

Learn the science behind today's muscle building trends. Content includes supplementation, training cycles and more!

**CHE** Class offered at Chelsea Wellness Center

**DEX** Class offered at Dexter Wellness Center

**MEM** Chelsea or Dexter Wellness Center Member

Registration required for all events.

Please call to register or for additional information.

\*Scholarships Available

### Be Our Guest! **DEX CHE**

Sun-Sat 7/10-7/16 FEE: **FREE!**

Sun-Sat 8/7-8/13 FEE: **FREE!**

Community members 18 years and older are invited to use the CWC & DWC on a **FREE** three day pass! Photo ID is required to receive a pass. Call for details.

## FITNESS

### Line Dancing **CHE**

Tue 4/26-6/14 1-2 pm FEE: \$56; 55+ \$50; MEM FREE

Tue 6/21-8/16\* 1-2 pm FEE: \$56; 55+ \$50; MEM FREE

\*No class 7/5

### Aquacize w/ Arthritis **DEX**

Tue 4/26-6/14 11 am-12 pm FEE: \$64; 55+ \$58; MEM FREE

Sat 4/30-6/18 10:15-11:15 am FEE: \$64; 55+ \$58; MEM FREE

Tue 6/21-8/16\* 11 am-12 pm FEE: \$64; 55+ \$58; MEM FREE

Sat 6/25-8/20\* 10:15-11:15 am FEE: \$64; 55+ \$58; MEM FREE

\*No classes 7/2 and 7/5

### Boot Camp **CHE**

Tue 4/26-6/14 9-10 am FEE: \$56; MEM \$20

Wed 4/27-6/15 6-7 pm FEE: \$56; MEM \$20

Tue 6/21-8/16\* 9-10 am FEE: \$56; MEM \$20

Wed 6/22-8/17\* 6-7 pm FEE: \$56; MEM \$20

\*No classes 7/5 and 7/6

### Aquacize w/ Arthritis **CHE**

Wed 4/27-6/15 12-1 pm FEE: \$64; 55+ \$58; MEM FREE

Fri 4/29-6/17 12-1 pm FEE: \$64; 55+ \$58; MEM FREE

Wed 6/22-8/17\* 12-1 pm FEE: \$64; 55+ \$58; MEM FREE

Fri 6/24-8/19\* 12-1 pm FEE: \$64; 55+ \$58; MEM FREE

\*No classes 7/1 and 7/6

### Lunar Flow Yoga **CHE**

Wed 4/27-6/15 5:30-6:30pm FEE: \$56; 55+ \$50; MEM FREE

Wed 6/22-8/17\* 5:30-6:30pm FEE: \$56; 55+ \$50; MEM FREE

\*No class 7/6

FITNESS OFFERINGS CONTINUED ON BACK



Register TODAY! **CHE** 734-214-0220 **DEX** 734-580-2500

## FITNESS (CONTINUED)

### Zumba Gold® **CHE**

Fri 4/29-6/17 1:30-2:30pm FEE: \$56; 55+ \$50; MEM FREE

### Chair Yoga **CHE**

Fri 4/29-6/17 10-11:15am FEE: \$72; 55+ \$65; MEM FREE

Fri 6/24-8/19\* 10-11:15am FEE: \$72; 55+ \$65; MEM FREE

\*No class 7/1

### Arthritis Foundation Land Exercise Program **DEX**

Fri 4/29-6/17 10-11am FEE: \$56; 55+ \$50; MEM FREE

Fri 6/24-8/19 10-11am FEE: \$56; 55+ \$50; MEM FREE

### Roadrunners: Outdoor Running Class **DEX**

Mon 5/2-5/23 8:15-9:15am FEE: \$35; MEM \$25

Thu 5/5-5/26 5:30-6:30pm FEE: \$35; MEM \$25

Mon 7/11-8/1 8:15-9:15am FEE: \$35; MEM \$25

Thu 7/14-8/4 5:30-6:30pm FEE: \$35; MEM \$25

### Lunchtime Basketball **DEX**

Tue/Thu 5/3-6/30 11:30am-1:30pm FEE: \$90; MEM FREE

Tue/Thu 7/5-9/1 11:30am-1:30pm FEE: \$90; MEM FREE

### Special Needs Movement **DEX**

Sat 5/7-6/25 2:15-3:15pm FEE: \$56; MEM \$40

Sat 7/9-8/27 2:15-3:15pm FEE: \$56; MEM \$40

### Outdoor Boot Camp **DEX**

Tue 5/10-6/28 9-10am FEE: \$63; MEM \$45

Thu 5/12-6/30 9-10am FEE: \$63; MEM \$45

Tue 7/12-8/30 9-10am FEE: \$63; MEM \$45

Thu 7/14-9/1 9-10am FEE: \$63; MEM \$45

### Equestrian Pilates **DEX**

Wed 5/11-6/15 11am-12pm FEE: \$90; 12-17Yrs: \$45; MEM \$54

### Power Walking **CHE**

Tue 6/7-6/28 9-10am FEE: \$28; 55+ \$25; MEM FREE

### Yoga on the Lawn (**CHE** @ Chelsea District Library)

Sat 6/11-8/20 10-11am FEE: FREE

## DEXTER FITNESS FESTIVAL

Enjoy these outdoor fitness classes all summer long!

### Fitness Class **DEX** @ Mill Creek Park)

Thu 6/2-8/25 5:30-6:30pm FEE: FREE!

### Slow Roll Bike Ride **DEX** @ Mill Creek Park)

Fri 6/3-8/26 5:30-6:30pm FEE: FREE!

### Yoga in the Park **DEX** @ Mill Creek Park)

Sat 6/4-8/27 8-9am FEE: FREE!

**CHE** Class offered at Chelsea Wellness Center

**DEX** Class offered at Dexter Wellness Center

**MEM** Chelsea or Dexter Wellness Center Member

Registration required for all events.

Please call to register or for additional information.

\*Scholarships Available

## PERSONAL TRAINING

### Pilates for the Golfer **DEX**

Fri 5/6-6/24 11am-12pm FEE: \$140; MEM \$100

### Pilates/TRX Fusion **DEX**

Tue 5/10-6/28 9-10am FEE: \$140; MEM \$100

Thu 5/12-6/30 9-10am FEE: \$140; MEM \$100

Tue 7/12-8/30 9-10am FEE: \$140; MEM \$100

Thu 7/14-9/1 9-10am FEE: \$140; MEM \$100

### Pilates Plus+/TRX Fusion **DEX**

Wed 5/11-6/29 10:45-11:45am FEE: \$168; MEM \$120

Wed 7/13-8/31 10:45-11:45am FEE: \$168; MEM \$120

## SWIM

### Water Babies Parent + Child (1-3 yrs old) **DEX**

Sun 5/1-6/12\* 3:30-4pm FEE: \$56; MEM \$42

Wed 5/4-6/8 4-4:30pm FEE: \$56; MEM \$42

Sun 7/10-8/14 3:30-4pm FEE: \$56; MEM \$42

\*No class 5/29

### Preschool Swim - Level 1 (3-5 yrs old) **DEX**

Sun 5/1-6/12\* 4-4:30pm FEE: \$56; MEM \$42

Wed 5/4-6/8 4:30-5pm FEE: \$56; MEM \$42

Sun 7/10-8/14 4-4:30pm FEE: \$56; MEM \$42

\*No class 5/29

### Preschool Swim - Level 2 (5-7 yrs old) **DEX**

Wed 5/4-6/8 5-5:30pm FEE: \$56; MEM \$42

### Master Swim Class **CHE**

Mon/Thu 5/2-5/6 5:30-7am FEE: \$65 (2x/wk); \$33 (1x/wk)

MEM \$47 (2x/wk); \$24 (1x/wk)

### Open Water Swim Class for Beginners **CHE**

Tue 6/7-8/2\* 6-6:30pm FEE: \$63; MEM \$63

\*No class 7/5

### Open Water Swim Class **CHE**

Tue 6/7-8/2\* 6:30-8pm\* FEE: \$96; MEM \$96

Tue 8/9-8/30 6:30-8pm FEE: \$48; MEM \$48

Fri 6/10-8/5\* 6:30-7:30pm\* FEE: \$76; MEM \$76

\*No classes 7/1 and 7/5

## YOUTH

### Parent/Child Yoga Adventure **DEX**

Sat 5/7-6/25 1-2pm FEE: \$63; MEM \$45

Sat 7/9-8/27 1-2pm FEE: \$63; MEM \$45

### Equestrian Pilates **DEX**

Wed 5/11-6/15 11am-12pm FEE: \$90; 12-17Yrs: \$45; MEM \$54

### Youth Strength & Agility **DEX**

Tue 6/21-8/16\* 10-11am FEE: \$56; MEM \$40

Thu 6/23-8/18\* 10-11am FEE: \$56; MEM \$40

\*No classes 7/5 and 7/7

Register TODAY! **CHE** 734-214-0220 **DEX** 734-580-2500