

Fall 2019

Community Programs

Chelsea and Dexter Wellness Centers

COMMUNITY EDUCATION

An Eye Towards Retirement: Non-financial Retirement Planning **DEX**

Doreen Murasky

Wed 9/11 7:00-9:00pm FREE

Drawing on current research and cross-cultural perspectives on the second half of life, attendees will learn the six essential, non-financial features to planning a fulfilling retirement.

Women's Health & Fitness Day **CHE** **DEX**

Wed 9/25 FREE

Women work out for **FREE** all day!

Dessert & Design: A Ladies Night Out!

Bethany Stone, The Painted Owl

Tues 9/24 6:30-9:00pm FREE **DEX**

Wed 9/25 6:30-9:00pm FREE **CHE**

Join us for dessert and create an art piece to take home! Invite your friends and come enjoy a Ladies Night Out! 6:30-7:00pm dessert & beverages, 7:00-9:00pm painted canvas. Registration is required by stopping in or calling the appropriate center.

Mindful Retirement: Cultivating Awareness of What Matters Most **DEX**

Doreen Murasky

Wed 10/9 – 11/13 7:00-9:00pm FEE \$120 MEM \$90

This six week series covers the non-financial aspects of preparing for a fulfilling retirement. It will combine exploration of relevant topics with creative expression, contemplative practices, and supportive discussion.

Fitness Palooza **DEX**

Mon 10/14 6:00-7:30pm \$10 donation

Help us raise money for the American Cancer Society by attending this awesome class that will feature samples of Rumble, Zumba®, strength, toning, stretch and more! 100% of the proceeds will be donated.

Flu Shot Clinic – UM Michigan Visiting Care

Tue 10/15 9:00-11:00am **CHE**

Thur 10/24 2:00-5:00pm **DEX**

Massage Awareness Week **CHE** **DEX**

October 21-27

Massage discounts the entire week!

What is Reflexology? **CHE**

Sue Rogers, LMT

Mon 10/21 6:30-7:30pm FREE

Reflexology is a cross between foot massage and acupressure. It promotes healing by stimulating nerves and promoting better blood flow. It can ease stress, allergy symptoms, chronic fatigue, and more!

Thrive as you Age! **CHE**

Kaitlyn Schneider, Personal Trainer

Mon 11/11 6:30-7:30pm FREE

Learn how you can live a longer, healthier life through optimizing the human aging process. Critical factors for aging well and increasing quality of life will be discussed.

FITNESS CLASSES

Adaptable Movement **DEX**

Sat 9/7-10/19 2:15-3:15pm FEE \$49 MEM \$35

Sat 11/2-12/21* 2:15-3:15pm FEE \$49 MEM \$35

*No Class 11/23

Beginning Ballroom Dance for Couples **DEX**

Mon 9/9-10/14 7:30-8:30pm FEE \$72/cpl MEM \$62/cpl

Mon 11/4-12/9 7:30-8:30pm FEE \$72/cpl MEM \$62/cpl

Ballroom Review & More For Experienced Couples **DEX**

Thur 9/12-10/17 7:30-8:30pm FEE \$72/cpl MEM \$62/cpl

Thur 11/7-12/12* 7:30-8:30pm FEE \$60/cpl MEM \$52/cpl

*No Class 11/28

Intro To Pickleball **DEX**

Tue 9/10-10/1 10:30-12:00pm FEE \$60 MEM \$40

Wed 10/16-11/6 5:30-7:00pm FEE \$60 MEM \$40

Tue 11/19-12/10 10:30-12:00pm FEE \$60 MEM \$40

Intermediate Pickleball **DEX**

Wed 9/18-10/9 5:30-7:00pm FEE \$60 MEM \$40

Tue 10/15-11/5 10:30-12:00pm FEE \$60 MEM \$40

Wed 11/20-12/11 5:30-7:00pm FEE \$60 MEM \$40

Line Dancing **CHE**

Thur 9/5-10/24 1:15-2:15pm FEE \$64 MEM FREE

Thur 10/31-12/19* 1:15-2:15pm FEE \$56 MEM FREE

*No Class 11/28

Tai Chi **DEX**

Thur 9/5-10/24 1:00-2:00pm FEE \$80 MEM FREE

Thur 10/31-12/19* 1:00-2:00pm FEE \$70 MEM FREE

*No Class 11/28

Tai Chi **CHE**

Thur 9/5-10/24 11:30-12:30pm FEE \$80 MEM FREE

Thur 10/31-12/19* 11:30-12:30pm FEE \$70 MEM FREE

*No Class 11/28

TRX **DEX**

Tue 10/1-10/22 9:00-10:00am FEE \$72 MEM \$60

Tue 10/29-11/19 9:00-10:00am FEE \$72 MEM \$60

ONGOING COMMUNITY EVENTS

Mindful Dexter **DEX**

A **FREE** guided mindfulness meditation practice in a community setting. Find Mindful Dexter on Facebook for more info!

- **Second Saturdays** of each month
Dexter District Library 9:30-10:30am
- **Third Thursdays** of each month at the
Dexter Wellness Center 6:00-7:00pm

Dexter Forum FREE **DEX**

1st & 3rd Saturday of Each Month, 8:30-9:30am

The Game of Go FREE **DEX**

Meets Every Friday 11:30am-12:30pm Instruction/ 12:30pm Games Begin

Senior Swim (60+) **CHE** **DEX**

2nd & 4th Friday of the month 1:00-4:00pm FREE

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

MEM = Chelsea or Dexter Wellness Center Member

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

*Scholarships Available



AQUA CLASSES

Aquacize with Arthritis

CHE

| | | | |
|------------------|--------------|----------|----------|
| Wed 9/4-10/23 | 12:00-1:00pm | FEE \$64 | MEM FREE |
| Wed 10/30-12/18* | 12:00-1:00pm | FEE \$56 | MEM FREE |
| Fri 9/6-10/25 | 12:00-1:00pm | FEE \$64 | MEM FREE |
| Fri 11/1-12/20** | 12:00-1:00pm | FEE \$56 | MEM FREE |

*No Class 11/27, **No Class 11/29

Aquacize with Arthritis

DEX

| | | | |
|--------------------|---------------|----------|----------|
| Tue 9/3-10/22 | 11:30-12:30pm | FEE \$64 | MEM FREE |
| Tue 10/29-12/17* | 11:30-12:30pm | FEE \$56 | MEM FREE |
| Thur 9/5-10/24 | 11:30-12:30pm | FEE \$64 | MEM FREE |
| Thur 10/31-12/19** | 11:30-12:30pm | FEE \$56 | MEM FREE |

*No Class 11/26, **No Class 11/28

Aqua Yoga

DEX

| | | | |
|----------------|---------------|----------|----------|
| Tue 9/17-10/29 | 10:00-11:00am | FEE \$56 | MEM FREE |
| Tue 11/5-12/17 | 10:00-11:00am | FEE \$56 | MEM FREE |

Beginner Swim – Adult

CHE

| | | | |
|-------------------|-------------|----------|----------|
| Thur 10/3-11/7 | 8:30-9:30am | FEE \$78 | MEM \$60 |
| Thur 11/14-12/19* | 8:30-9:30am | FEE \$65 | MEM \$50 |

*No Class 11/28

Beginner Swim – Adult

DEX

| | | | |
|-----------------|-------------|----------|----------|
| Wed 10/2-11/6 | 8:30-9:30am | FEE \$78 | MEM \$60 |
| Wed 11/13-12/18 | 8:30-9:30am | FEE \$78 | MEM \$60 |

Master Swim – Adult

CHE

| | | | |
|--------------------|-------------|----------|----------|
| Mon 9/30-11/4 | 5:30-7:00am | FEE \$72 | MEM \$54 |
| Mon 11/11-12/16* | 5:30-7:00am | FEE \$60 | MEM \$45 |
| Thur 10/3-11/7 | 5:30-7:00am | FEE \$72 | MEM \$54 |
| Thur 11/14-12/19** | 5:30-7:00am | FEE \$48 | MEM \$36 |

*No Class 11/25, **No Class 11/21 & 11/28

Master Swim – Adult

DEX

| | | | |
|-----------------|-------------|----------|----------|
| Wed 10/2-11/6 | 5:30-7:00am | FEE \$72 | MEM \$54 |
| Wed 11/13-12/18 | 5:30-7:00am | FEE \$72 | MEM \$54 |

Preschool Swim Level 1 (3-6 yrs. Old)

DEX

| | | | |
|------------------|-------------|----------|----------|
| Mon 10/7-10/28 | 5:00-5:30pm | FEE \$44 | MEM \$32 |
| Mon 11/4-11/18 | 5:00-5:30pm | FEE \$33 | MEM \$24 |
| Mon 12/2-12/16 | 5:00-5:30pm | FEE \$33 | MEM \$24 |
| Thur 9/5-9/26 | 4:00-4:30pm | FEE \$44 | MEM \$32 |
| Thur 10/3-10/24 | 4:00-4:30pm | FEE \$44 | MEM \$32 |
| Thur 10/31-11/21 | 4:00-4:30pm | FEE \$44 | MEM \$32 |
| Thur 12/5-12/19 | 4:00-4:30pm | FEE \$33 | MEM \$24 |

Water Babies (1-2 yrs. Old)

CHE

| | | | |
|-----------------|-------------|----------|----------|
| Mon 9/9-10/21 | 8:30-9:00am | FEE \$49 | MEM \$35 |
| Mon 11/4-12/16* | 8:30-9:00am | FEE \$42 | MEM \$30 |

*No Class 11/25

Water Babies (1-2 yrs. Old)

DEX

| | | | |
|----------------|-------------|----------|----------|
| Mon 10/7-10/28 | 4:30-5:00pm | FEE \$28 | MEM \$20 |
| Mon 11/4-11/18 | 4:30-5:00pm | FEE \$21 | MEM \$15 |
| Mon 12/2-12/16 | 4:30-5:00pm | FEE \$21 | MEM \$15 |

Water Toddlers (2-3 yrs. Old)

CHE

| | | | |
|-----------------|-------------|----------|----------|
| Mon 9/9-10/21 | 9:00-9:30am | FEE \$49 | MEM \$35 |
| Mon 11/4-12/16* | 9:00-9:30am | FEE \$42 | MEM \$30 |

*No Class 11/25

PILATES CLASSES

Small Group Reformer Classes

DEX

| | | | |
|------------------|---------------|-----------|-----------|
| Tues 9/3-9/24 | 12:00-1:00pm | FEE \$112 | MEM \$100 |
| Tues 10/1-10/22 | 12:00-1:00pm | FEE \$112 | MEM \$100 |
| Tues 10/29-11/19 | 12:00-1:00pm | FEE \$112 | MEM \$100 |
| Tues 11/26-12/17 | 12:00-1:00pm | FEE \$112 | MEM \$100 |
| Thur 9/5-9/26 | 9:00-10:00am | FEE \$112 | MEM \$100 |
| Thur 9/5-9/26 | 12:00-1:00pm | FEE \$112 | MEM \$100 |
| Thur 10/3-10/24 | 9:00-10:00am | FEE \$112 | MEM \$100 |
| Thur 10/3-10/24 | 12:00-1:00pm | FEE \$112 | MEM \$100 |
| Thur 10/31-11/21 | 9:00-10:00am | FEE \$112 | MEM \$100 |
| Thur 10/31-11/21 | 12:00-1:00pm | FEE \$112 | MEM \$100 |
| Thur 12/5-12/26 | 9:00-10:00am | FEE \$112 | MEM \$100 |
| Thur 12/5-12/26 | 12:00-1:00pm | FEE \$112 | MEM \$100 |
| Sat 9/7-9/28 | 8:00-9:00am | FEE \$112 | MEM \$100 |
| Sat 9/7-9/28 | 10:00-11:00am | FEE \$112 | MEM \$100 |
| Sat 10/5-10/26 | 8:00-9:00am | FEE \$112 | MEM \$100 |
| Sat 10/5-10/26 | 10:00-11:00am | FEE \$112 | MEM \$100 |
| Sat 11/2-11/23 | 8:00-9:00am | FEE \$112 | MEM \$100 |
| Sat 11/2-11/23 | 10:00-11:00am | FEE \$112 | MEM \$100 |
| Sat 12/7-12/28 | 8:00-9:00am | FEE \$112 | MEM \$100 |
| Sat 12/7-12/28 | 10:00-11:00am | FEE \$112 | MEM \$100 |

Equestrian Pilates

CHE

| | | | |
|-------------------|---------------|----------|----------|
| Tues 9/3-9/24 | 7:00-8:00pm | FEE \$56 | MEM \$48 |
| Tues 10/1-10/22 | 7:00-8:00pm | FEE \$56 | MEM \$48 |
| Tues 11/5-12/10* | 7:00-8:00pm | FEE \$70 | MEM \$60 |
| Thur 9/5-9/26 | 10:30-11:30am | FEE \$56 | MEM \$48 |
| Thur 10/3-10/24 | 10:30-11:30am | FEE \$56 | MEM \$48 |
| Thur 11/7-12/19** | 10:30-11:30am | FEE \$84 | MEM \$72 |

*No Class 11/26, **No Class 11/28

MINDFUL CLASSES

Chair Yoga

CHE

| | | | |
|----------------|---------------|----------|----------|
| Fri 9/6-10/25 | 10:30-11:30am | FEE \$72 | MEM FREE |
| Fri 11/1-12/20 | 10:30-11:30am | FEE \$72 | MEM FREE |

Chair Yoga

DEX

| | | | |
|-----------------|---------------|----------|----------|
| Tue 9/3-10/22 | 10:30-11:45am | FEE \$72 | MEM FREE |
| Tue 10/29-12/17 | 10:30-11:45am | FEE \$72 | MEM FREE |

Koru Mindfulness & Meditation 4-WEEK Workshop

DEX

| | | | |
|----------------|-------------|----------|----------|
| Sun 11/3-11/24 | 3:00-4:30pm | FEE \$60 | MEM \$40 |
|----------------|-------------|----------|----------|

Mindful Movement – Healthy Back

CHE

| | | | |
|--------------|-------------|----------|----------|
| Tue 9/3-10/8 | 5:00-6:00pm | FEE \$54 | MEM FREE |
|--------------|-------------|----------|----------|

Mindful Movement – Healthy Vision

CHE

| | | | |
|-----------------|-------------|----------|----------|
| Tue 10/15-11/19 | 5:00-6:00pm | FEE \$54 | MEM FREE |
|-----------------|-------------|----------|----------|

Mindful Movement – Healthy Neck

CHE

| | | | |
|-----------------|-------------|----------|----------|
| Tue 11/26-12/17 | 5:00-6:00pm | FEE \$36 | MEM FREE |
|-----------------|-------------|----------|----------|

Lunar Flow Yoga

CHE

| | | | |
|------------------|-------------|----------|----------|
| Wed 9/4-10/23 | 5:30-6:30pm | FEE \$72 | MEM FREE |
| Wed 10/30-12/18* | 5:30-6:30pm | FEE \$63 | MEM FREE |

*No Class 11/27

Teen Yoga & Meditation (Grades 9-12)

CHE

| | | | |
|----------------|-------------|----------|----------|
| Tue 9/24-11/26 | 4:00-5:00pm | FEE FREE | MEM FREE |
|----------------|-------------|----------|----------|

SMALL GROUP PERSONAL TRAINING

Build Up to Running

CHE

| | | | |
|----------------------|-------------|-----------|-----------|
| Mon & Wed 9/4-9/30 | 8:30-9:30am | FEE \$200 | MEM \$160 |
| Mon & Wed 10/2-10/28 | 8:30-9:30am | FEE \$200 | MEM \$160 |

Functional Strength & Balance for Seniors (60+)

DEX

| | | | |
|------------------|-------------|----------|----------|
| Thur 10/3-10/24 | 1:15-2:00pm | FEE \$75 | MEM \$60 |
| Thur 10/31-11/21 | 1:15-2:00pm | FEE \$75 | MEM \$60 |

Intro to Density Training

DEX

| | | | |
|-----------------|-------------|-----------|----------|
| Tue 9/3-9/24 | 5:30-6:30pm | FEE \$100 | MEM \$80 |
| Tue 10/1-10/22 | 5:30-6:30pm | FEE \$100 | MEM \$80 |
| Tue 10/29-11/19 | 5:30-6:30pm | FEE \$100 | MEM \$80 |

Treads & Toning

DEX

| | | | |
|-----------------|-------------|----------|----------|
| Wed 10/2-10/23 | 7:00-7:45am | FEE \$75 | MEM \$60 |
| Wed 10/30-11/20 | 7:00-7:45am | FEE \$75 | MEM \$60 |

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

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

*Scholarships Available

