



# Spring/Summer 2025

## Community Programs at

### Chelsea, Dexter and Stockbridge Wellness Centers

#### COMMUNITY EDUCATION

##### 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.**

##### 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 1:30 pm–3:00 pm  
\$129/month

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

##### SENIOR HEALTH AND FITNESS DAY

Seniors workout **FREE** at any Center Wednesday, May 28<sup>th</sup>!  
**WED 5/28**

FREE CHE/DEX/STK

##### MEN'S HEALTH WEEK

Men workout **FREE** at any Center on June 8-15<sup>th</sup>!

**JUNE 8-15** FREE CHE/DEX/STK

##### SUMMER SOLSTICE YOGA CELEBRATION!

Celebrate the Summer Solstice with the joy of yoga! Starting June 16<sup>th</sup>, the Centers will have a week of events designed to inspire, rejuvenate, and connect you to your practice. A full schedule of events will be available at the Front Desk. The week will culminate with a Summer Solstice Sun Salutation Event on Friday, June 20<sup>th</sup> at 5:30pm.

**Registration required. Please sign up at the Member Service Desk.**

Fri 6/20 5:30 pm – 6:30 pm FREE DEX/CHE

#### COMMUNITY EDUCATION

##### FREE SUMMER OUTDOOR YOGA

*Please bring your own yoga mat or towel*

##### Yoga in the Park- Dexter

**Mill Creek Park**

Sat 6/7- 8/16 8:00 am - 9:00 am\*

##### Yoga on the Lawn – Chelsea

**Chelsea Library**

Sat 6/7- 8/16 10:00 am – 11:00 am\*

**\*no classes 7/26 & 8/9**

##### Yoga at the Lake – Grass Lake

**Grass Lake County Park**

Sat 6/7- 8/16 10:00 am – 11:00 am\*

**\*no classes 6/7 & 7/12 & 8/2**

**\*Weather/Instructor permitting. Visit the Wellness Centers social media pages for up to date information**

#### SMALL GROUP PERSONAL TRAINING

##### REFORMER PILATES

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

**Registration Required.**

##### Level 1

Tuesday 8:30–9:30 am

Wednesday 12:00–1:00 pm

Thursday 9:30–10:30 am

##### Advanced

Wednesday 8:30–9:30 am

Thursday 8:30–9:30 am

DEX

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

##### PILATES FUNCTIONAL MOVEMENT

This class combines traditional Pilates with elements and props from other forms of exercise. You will get a complete workout that includes core and balance work, body mechanics knowledge and fascia release!

Thursday 5/1- 5/22

Thursday 5/29- 6/19

Thursday 6/26- 7/24\*

Thursday 7/31- 8/21

10:30 am – 11:30 am

10:30 am – 11:30 am

10:30 am – 11:30 am

10:30 am – 11:30 am

**\*No class 7/3  
NON-MEM \$60**

CHE

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 PERSONAL TRAINING

### TRX

Get ready to challenge your strength, stability and endurance with our TRX Suspension Training class! Using just your body weight and the TRX suspension straps, this full body workout engages your core while targeting every muscle group. This class focuses on building strength, balance, flexibility and coordination and improves your posture! **Registration Required. Sign up for this 6-week session at the front desk, or call 734-580-2500.**

Wednesday 5/14- 6/18	12:00 pm – 1:00 pm	DEX
Wednesday 7/9- 8/13	12:00 pm – 1:00 pm	DEX
MEM \$150 NON-MEM \$180		

**Interested in TRX but want to try it first, take advantage of our FREE “try it out” demo opportunities:**

Wednesday 5/7 12:00-12:30pm or 12:30-1:00pm DEX

### 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 this 4-week session at the front desk, or call 734-580-2500.**

Tuesday & Thursday 5/6- 5/29	5:30 pm – 6:30 pm	DEX
Tuesday & Thursday 6/3- 6/26	5:30 pm – 6:30 pm	DEX
Tuesday & Thursday 7/8- 7/31	5:30 pm – 6:30 pm	DEX
Tuesday & Thursday 8/5- 8/28	5:30 pm – 6:30 pm	DEX
MEM \$152 NON-MEM \$176		

### POWERLIFTING

Unlock your strength potential with this beginner-friendly powerlifting class focused on the foundational lifts; squat, bench press, and deadlift. You'll learn the essentials of technique, breathing, and body positioning to build a solid foundation for powerlifting. You will be guided through warm-ups, movement cues, and progressive loading, ensuring proper form and reducing risk of injury. This class is designed to help you gain confidence, improve strength, and understand how to execute each lift safely and effectively. **Registration Required. Sign up for this 4-week session at the front desk, or call 734-214-0220**

Monday 5/5- 6/2*	5:00 pm – 6:00 pm	
Monday 6/9- 6/30	5:00 pm – 6:00 pm	
Monday 7/7- 7/28	5:00 pm – 6:00 pm	
Monday 8/4- 8/25	5:00 pm – 6:00 pm	CHE
<b>*No Class 5/26</b>		
MEM \$92 NON-MEM \$104		

## SMALL GROUP PERSONAL TRAINING

### 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 this 5-week session at the front desk, or call 734-580-2500.**

Monday 5/5- 6/9*	10:00 am – 10:30 am	DEX
<b>*No Class 5/26</b>		
MEM \$145 NON-MEM \$170		

### 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 this 5-week session at the front desk, or call 734-580-2500.**

Monday 5/5- 6/9*	10:30 am – 11:15 am	DEX
<b>*No Class 5/26</b>		
MEM \$175 NON-MEM \$200		

### 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 this 4-week session at the front desk, or call 734-580-2500.**

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

Monday 5/5- 6/2*	4:00 pm – 5:00 pm	DEX
<b>*No Class 5/26</b>		
MEM \$104 NON-MEM \$112		

### FALL INTO BALANCE

This is an 8-week course that will meet 2 times a week focusing 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 this 4-week session at the front desk, or call 734-580-2500.**

Tuesday & Thursday 5/6- 6/26	10:30 am – 11:30 pm	DEX
Tuesday & Thursday 7/8- 9/4	10:30 am – 11:30 pm	DEX
MEM \$304 NON-MEM \$352		

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