

DMC Wellness Center

Fall Into Fitness With DMC Wellness Center

What Do You Stay Active For?

A free standing board will be placed in the foyer area across from the front service desk where you will be able to submit a short description of why you stay active. Three lucky submitters will be selected on Monday, October 3rd.

Winners will get to choose between a FREE one-hour massage, one-hour personal training session, or one-month aerobics package, including specialty classes.

Building Better Teens: *October 10, 12, 17, and 19 from 4:15-5:30 p.m.*

Designed just for teens aged 13–15, this class teaches the importance of proper nutrition, cardiovascular and strength training, flexibility and circuit training. Class meets two days per week for two weeks. After completion of all four classes, participants will have permission to exercise in the fitness area. Cost: \$65 for members and non-members. **Minimum of six participants is required for the class to run.**

Small Group Training

This personal training package is for small groups (three to four people) to train two days a week for eight weeks. Look for fliers announcing start days and times. Sign up will be on a first-come first-serve basis.

Exercise of the Month: *First Wednesday of every month from 1:30-1:45 p.m.*

This demonstration is geared for the senior walking group, however, everyone is welcome. Each month we will introduce a new exercise to add to your workout routine. Handouts and equipment will be supplied. Meet upstairs by the track in the loft between the two long mirrors.

Continuing Services: *First Wednesday of every month from 1:30-1:45 p.m.*

The DMC Wellness Center at the Ford Center provides physical therapy, fitness assessments*, fitness orientations, personal training, massage therapy, and nutritional consultations on a daily basis. Stop by the DMC Wellness Center for more information.

*The DMC fitness assessment video demonstration can be viewed online at www.dearbornfordcenter.com.

Official Healthcare Services Provider



DMC
Wellness Center
(313) 745-9881/(313) 745-9748

Dearborn Recreation (313) 943-2350 or www.dearbornfordcenter.com