



Client:

Chelsea-area Wellness Foundation

Location & Contact Information:

14800 East Old US 12
Chelsea, MI 48118
734-214-0220 / phone
734-214-0249 / fax
www.chelseawellness.org

Opening Date:

October 2001

Size:

51,000 Square Feet



Classes, Programs, and Services:

- Cardiovascular Training Area
- Circuit and Free Weight Strength Training
- Indoor cushioned Walk/Jog track
- 25 yard Lap Pool
- Warm Water Therapy Pool
- Extensive Group Exercise class schedule including yoga, pilates and aqua
- Executive style locker rooms
- Whirl Pool, Steam Room and Sauna
- Personal Training
- Massage Therapy
- Nutrition Counseling
- Foundations Weight Management Program
- Complimentary Medicine classes / lectures
- Community Wellness Programs
- Kids In Motion Child Care
- Aquacise Arthritis classes



Medical Integration:

- Orthopedics
- Physical Therapy
- Occupational Therapy
- Fit Transition Programs
 - Orthopedic
 - Cardiac
 - Diabetes
 - Cancer