



Client:

Chelsea-Area Wellness Foundation

Location & Contact Information:

710 East Main Street
Manchester, MI 48158
734-428-0850 / phone
734-428-0855 / fax
www.manchesterwellness.org

Opening Date:

October 2011

Size:

5,000 Square Feet



Classes, Programs, and Services:

- Cardiovascular Training Area
- Circuit and Free Weight Strength Training
- Group Exercise Class Schedule
- Individualized Fitness Assessments
- Equipment Orientations



Medical Integration:

- Fit Transition Medical Exercise Programs coming soon for members with diabetes and cancer and those with orthopedic and cardiac issues.