



SUN	MON	TUES	WED	THURS	FRI	SAT	
1	2 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Posture & Balance	3 9:00 AM Water Aerobics  2:45 PM Chair Yoga	4 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Move with Purpose	5 9:00 AM Water Aerobics  3:30 PM Yoga	6 9:00 AM Posture & Balance 9:30 AM Tai Chi 10:15 AM Functional Fitness (Activity Room)	7	
8	9 9:00 AM P & B <b>10:00 AM Edna Thayer, The Laughing Lady</b> 10:15 AM Functional Fitness (Activity Room) 11:00 AM Posture & Balance	10 9:00 AM Water Aerobics 10:30 AM Humorous Humans 2:45 PM Chair Yoga	11 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Move with Purpose	12 9:00 AM Water Aerobics <b>1:30 PM Grief support</b> 3:30 PM Yoga	13 9:00 AM Posture & Balance 9:30 AM Tai Chi 10:15 AM Functional Fitness (Activity Room)	14	
15	16 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Posture & Balance	17 <b>No Class</b> 				20	21
22	23 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Posture & Balance	24 10:30 AM Humorous Humans 2:45 PM Chair Yoga	25 9:30 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Move with Purpose	26 9:00 AM Water Aerobics  3:30 PM Yoga	27 9:00 AM Posture & Balance 9:30 AM Tai Chi 10:15 AM Functional Fitness (Activity Room)	28	
29	30 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Posture & Balance	31 9:00 AM Water Aerobics 10:30 AM Humorous Humans 2:45 PM Chair Yoga					

# The Club at Shorewood Class Descriptions

**Posture & Balance** Monday, Wednesday, Friday 9:00 AM, additional class Mondays at 11:00 AM

**Functional Fitness** Monday, Wednesday, Friday 10:15 AM (Commons Activity Room)

Increase your overall strength and flexibility through a variety of exercises designed for a whole body workout.

**Water Aerobics** Tuesday and Thursday 9:00 AM

Dive into this introductory aqua fitness class. Build cardiovascular fitness and strength in this fun, fast paced class that is easy on joints yet challenging.

**Move with Purpose** Wednesday 11:00 AM

Help combat daily challenges associated with Parkinson's disease and other neurological disorders, such as dementia and MS, through boxing, hand-eye coordination exercises, and other sport related movements to ultimately help reduce stress and increase self-confidence.

**Tai Ji Quan Movement for Better balance** Friday 9:30 AM

Originating in martial arts, Tia Ji Quan contains elements that improve balance, strength, flexibility, reaction time, breathing, and quality of sleep. Participants may sit or stand during class, allowing people of various skill levels to participate. February 1 marks the beginning of a 6 week

**Chair Yoga** Tuesday 2:45 PM

With a range of benefits including stress reduction and increased strength, bone health, flexibility and focus. Chair Yoga is a must-try for everyone. Led by experienced yoga instructor, Sheila Walsh, participants can perform exercises while sitting in, or standing next to a chair.

**Wii Bowling** Monday and Wednesday 3:00 PM

Have fun bowling with friends.

## Grief support

Grief Counseling Specialist with seasons Hospice leads conversation on grief with Shorewood residents.

## Yoga Thursday

If you need to be rejuvenated join this full yoga practice. Providing participants with all the same benefits as chair yoga. Yoga challenges participants more in the area of flexibility and balance as it includes floor exercise.

**The Club Staff**

**Natalie Kalmes**

**Shelia Walsh**

**Wellness Coordinator**

**Wellness Director**

507-536-3222

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