


SUN	MON	TUES	WED	THURS	FRI	SAT
	<b>1</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Move with Purpose	<b>2</b> 9:00 AM Water Aerobics <b>10:00 AM March Madness Basketball At The Club</b> 2:45 Chair Yoga	<b>3</b> 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) <b>10:30 AM-11:30 AM Presentation, "Neuro Fit with Parkinson's"</b>	<b>4</b> 9:00 AM Water Aerobics 3:30 Yoga	<b>5</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neuro Fit	<b>6</b>
<b>7</b>	<b>8</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neuro Fit	<b>9</b> 9:00 AM Water Aerobics 2:45 Chair Yoga	<b>10</b> 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) <b>11 AM-11:45 AM Physical Activity with Parkinson's</b>	<b>11</b> <b>Pump it for Parkinson's</b> 9:00 AM Water Aerobics <b>1:30 PM Grief Support</b> 3:30 PM Yoga	<b>12</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neuro Fit	<b>13</b>
<b>14</b>	<b>15</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neuro Fit	<b>16</b> 9:00 AM Water Aerobics 2:45 PM Chair Yoga	<b>17</b> 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) <b>11 AM- 11:45 AM Nutrition with Parkinson's</b>	<b>18</b> 9:00 AM Water Aerobics <b>1:30 PM Dementia Support</b> 3:30 PM Yoga	<b>19</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neuro Fit	<b>20</b>
<b>21</b>	<b>22</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neuro Fit	<b>23</b> 9:00 AM Water Aerobics 2:45 PM Chair Yoga	<b>24</b> 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) <b>11 AM- 11:45 AM Socialization with Parkinson's</b>	<b>25</b> 9:00 AM Water Aerobics <b>10:00 AM Arthritis Foundation Exercise Program (AFEP)</b> 3:30 PM Yoga	<b>26</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neuro Fit	<b>27</b>
<b>28</b>	<b>29</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neuro Fit	<b>30</b> 9:00 AM Water Aerobics <b>10:00 AM Arthritis Foundation Exercise Program (AFEP)</b> 2:45 PM Chair Yoga				

# The Club at Shorewood Class Descriptions

## **Posture & Balance** Monday, Wednesday, and Friday 9:00 AM

Challenge yourself through a variety of seated and standing exercises that work to improve your posture, balance, and coordination to ensure your physical functioning so you can maintain independence.

## **Neuro Fit** Monday, Wednesday, and Friday 11-11:45 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 sports related movements to ultimately help reduce stress and increase self-confidence.

## **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.

## **Tai Chi** Monday and Friday 9:15 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.

## **Grief Support** Thursday 1:30 PM

Grief Counseling Specialist with Seasons Hospice leads conversation on Grief with Shorewood residents.

## **Yoga** Thursday 3:30 PM

Feel rejuvenated with this full yoga practice. Providing participants with the same benefits as chair yoga, yoga challenges participants more in the area of flexibility and balance as it includes floor exercise.

## **Living With Parkinson's Disease** April 3rd 10:30-11:30

Pierpaolo Turcano, MD, Neurologist at Mayo Clinic will be speaking on the diagnosis and treatment of Parkinson's disease and its relationship with dementia. followed by exercise class "Neuro Fit with Parkinson's"

## **Physical Activity with Parkinson's** followed by exercise class "Neuro Fit with Parkinson's" April 10th 11AM-11:45AM

## **Nutrition with Parkinson's** followed by exercise class "Neuro Fit with Parkinson's" April 17th 11AM-11:45AM

## **Socialization with Parkinson's** followed by exercise class "Neuro Fit with Parkinson's" April 24th 11AM-11:45AM

## **Arthritis Foundation Exercise Program (AFEP)** Tuesdays and Thursdays Starting April 25th 10– 11:00 AM (12 week /24 session class)

A group exercise class for people with arthritis who want to learn safe ways to stay active, reduce pain, and move more easily.



**The Club Staff**

**Shelia Walsh**

**Wellness Director**

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