


SUN	MON	TUES	WED	THURS	FRI	SAT
			1 9:00 AM Posture & Balance 9:45 AM Tia Chi 10:15 AM Functional Fitness (Activity Room) 11:00 Neurofit	2 9:00 AM Water Aerobics 10:00 AM Arthritis Foundation Exercise Program (AFEP) 3:30 PM Yoga	3 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neurofit	4
5	6 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neurofit	7 9:00 AM Water Aerobics 10:00 AM Arthritis Foundation Exercise Program (AFEP) 2:45 PM Chair Yoga	8 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neurofit	9 9:00 AM Water Aerobics 10:00 AM Arthritis Foundation Exercise Program (AFEP) 10AM-12PM GOLF OUTING 1:30 Grief Support 3:30 PM Yoga	10 9:00 AM Posture & Balance 9:45 AM Tia Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neurofit	11
12	13 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neurofit	14 9:00 AM Water Aerobics 10:00 AM Arthritis Foundation Exercise Program (AFEP) 2:45 PM Chair Yoga	15 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neurofit	16 9:00 AM Water Aerobics 10:00 AM Arthritis Foundation Exercise Program (AFEP) 1PM-2PM "Better Sleep" Sleep Presentation by Sara Arnold 3:30 PM Yoga	17 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neurofit	18
19	20 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neurofit	21 9:00 AM Water Aerobics 10:00 AM Arthritis Foundation Exercise Program (AFEP) 1:30 PM Golf at Shorewood 2:45 PM Chair Yoga	22 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neurofit	23 9:00 AM Water Aerobics 10:00 AM Arthritis Foundation Exercise Program (AFEP) 3:30 PM Yoga	24 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neurofit	25
26	27 Memorial Day Club closed	28 9:00 AM Water Aerobics 10:00 AM Arthritis Foundation Exercise Program (AFEP) 1:30 PM Golf at Shorewood 2:45 PM Chair Yoga	29 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neurofit	30 9:00 AM Water Aerobics 10:00 AM Arthritis Foundation Exercise Program (AFEP) 3:30 PM Yoga	31 9:00 AM Posture & Balance 9:45 Tai Chi 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neurofit	

The Club at Shorewood Class Descriptions

Posture & Balance Monday, Wednesday, 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 your independence.

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.

Neurofit Monday, Wednesday, Friday 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 Chi Monday, Friday 9:50 AM

Participants In this class we go through a complete sequence of Tai Chi.

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.

Yoga Thursday 3:30 PM

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.

Grief Support Thursday May 9th 1:30 PM

Grief counseling specialist with Seasons Hospice leads conversation on grief with Shorewood residents.

Arthritis Foundation Exercise Program (AFEP) Tuesdays and Thursdays 10:00—11:00 AM

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

Golf at Shorewood Tuesday May 21st and May 28th 1:30PM

Golf Outing to Northern Hills Golf May 9th 10AM-12PM

Join us for Driving some golf balls. Please RSVP to 507 5363221 by May 6th. Location: Northern Hills Golf (meet at commons front door).

“Better Sleep” Sleep Presentation by APRN Sara Arnold May 16 1PM-2PM at The Club

Sara will discuss practical tips for better sleep, including maintaining a consistent schedule, managing technology's impact, optimizing diet and exercise, reducing stress, and creating a relaxing sleep environment. By the end, you'll understand the importance of good sleep hygiene and have the tools to enhance your sleep quality.



The Club Hours:

Monday –Thursday: 8:00 AM - 4:30 PM

Friday 8:00 AM - 4:00 PM

Saturday: 8:00 AM - 12:00 PM

Staff Contact Information

Shelia Walsh

Wellness Director

507-536-3221 *Direct Line