


SUN	MON	TUES	WED	THURS	FRI	SAT
	1 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	2 9:00 AM Water Aerobics 10:00 AM Arthritis Foundation Exercise Program (AFEP) 2:45 PM Chair Yoga	3 9:00 AM Posture & Balance 10:15AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	4 <p style="text-align: center;"><u>The Club is Closed!</u> <u>Happy Fourth of July!</u></p>	5 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	6
7	8 9:00 AM Posture & Balance 9:45 AM Tai Ji 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) 2:45 PM Chair Yoga	10 9:00 AM Posture & Balance 10:15AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 3:30 PM Bean bags / Putting	11 9:00 AM Water Aerobics 10:00 AM Arthritis Foundation Exercise Program (AFEP) 1:30 PM Grief Support 3:30 PM Yoga	12 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	13
14	15 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	16 9:00 AM Water Aerobics 10:00 AM Arthritis Foundation Exercise Program (AFEP) 2:45 PM Chair Yoga	17 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 3:30 PM Frisbee Golf	18 9:00 AM Water Aerobics 10:00 AM Arthritis Foundation Exercise Program (AFEP) 1:30 PM AACS Group 3:30 PM Yoga	19 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	20
21	22 9:00 AM Posture & Balance 10:15AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	23 9:00 AM Water Aerobics 10:00 AM Arthritis Foundation Exercise Program (AFEP) 2:45 PM Chair Yoga	24 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 3:30 PM Bean bags / Putting	25 Pool Closed for 9:00 AM Posture & Balance 10:00 AM Arthritis Foundation Exercise Program (AFEP) 3:30 PM Yoga	26 Maintenance 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	27
28	29 9:00 AM Posture & Balance 10:15AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	30 9:00 AM Posture & Balance 2:45 PM Chair Yoga	31 9:00 AM Posture & Balance 10:15AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 3:30 PM Frisbee Golf			

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 your independence.

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

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 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 Mondays and Fridays 9:45 AM

Participants in this class go through a complete sequence of Tai Ji.

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 July 11th 1:30 PM

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

Alzheimer's Association Caregiver Support (AACs) Group July 18th 1:30 PM

Pool Closing for maintenance!!!!

Date: Thursday, July 25th - August 5th

The pool will need to be closed for planned maintenance. The Dates below are the days we expect to be closed but as there are lots of people working together on this maintains plan, please understand that dates may vary earlier or later if needed. I will do my best to provide updates via poster or emails.

Summer Yard Games

Location: Place back Patio

Date: Wednesday July 10, 17, 24, and 31

Time: 3:30 PM

Bean bags / Putting July 10, 24

Frisbee gulf July 17 or 31

Key:

** - For Residents Only

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

Sheila Walsh

Director of Wellness

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