

SU	MON	TUES	WED	THURS	FRI	SA	
  							
1	2 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	3 9:00 AM Water Aerobics 2:00 PM Chair Yoga	4 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	5 9:00 AM Water Aerobics 10:00 AM Tai Ji	6 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	7	
8	9 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 1:30 PM Prepping for a Healthier You	10 9:00 AM Water Aerobics 2:00 PM Chair Yoga	11 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	12 9:00 AM Water Aerobics	13 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	14	
15	16 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room) 11:00 AM Neurofit	17 9:00 AM Water Aerobics 2:00 PM Chair Yoga	18 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	19 9:00 AM Water Aerobics	20 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	21	
22	23 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	24 <u>Christmas Eve</u> 9:00 AM Water Aerobics <u>Club will be closing at 2pm</u>	25 <u>The Club is Closed</u> 	26 9:00 AM Water Aerobics	27 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	28	
29	30 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	31 <u>New Years Eve</u> 9:00 AM Water Aerobics <u>Club will be closing at 2pm</u>	<u>Staff Contact Information</u> Sheila Walsh Director of Wellness 507-536-3221 *Direct Line swalsh@shorewoodcampus.com				

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) ** 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 the 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 Ji Mondays and Fridays 9:45 AM

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

Chair Yoga Tuesdays 2:00 PM

With a range of benefits, including stress reduction, 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.

Alzheimer's Association Caregiver Support Group Thursday, December 19th 1:30 PM

Prepping for a Healthier You Presentation Monday, December 9th 1:30 PM

Join us for an easygoing conversation about simple steps you can take now to maintain, avoid weight gain over the holidays, and rev your engine for the change you want to make in yourself in 2025!

Holiday Reminders: The Club will be closing early at 2:00 PM on Christmas Eve and New Years Eve.

The Club will be closed Christmas Day and New Years Day.

We wish everyone a Merry Christmas and a Happy New Years!

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

Key:

**** For Residents Only**