

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Club is Closed 	2 9:00 AM Water Aerobics 3:00 PM Floor Exercises	3 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 1:00 PM Water Volleyball	4
5	6 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 3:30 PM Game Time!	7 9:00 AM Water Aerobics 2:00 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 1:30 PM Grief Support 3:30 PM Floor Exercises	10 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 1:00 PM Water Volleyball	11
12	13 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 3:30 PM Game Time!	14 9:00 AM Water Aerobics 9:45 AM Action Wellness & Weight loss (RR) 2:00 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 9:45 AM Action Wellness & Weight loss (RR) 1:30 PM AASCG 3:30 PM Floor Exercises	17 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 1:00 PM Water Volleyball	18
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The Club at Shorewood Class Descriptions

Posture & Balance Mondays, Wednesdays, Fridays 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 Ji.

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.

Floor Exercises Thursdays 3:30 PM

Game Time: Ladder ball Mondays 3:30 PM

Water Volleyball Fridays 1:00 PM

Action Wellness and Weight Loss Tuesdays and Thursdays 9:45-10:30 (RR=Registration required to attend)

Grief Support Thursday January 9th 1:30 PM

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

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

RR=Registration required to attend



The Club Staff

Shelia Walsh

Wellness Director

507-536-3222

swalsh@shorewoodcampus.com