



SU	MON	TUES	WED	THURS	FRI	SA
	 <h1 style="color: red; font-size: 48px; margin: 0;">FEBRUARY</h1> 					1
2	3	4	5	6	7	8
	9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	9:00 AM Water Aerobics 9:45 AM Action: Wellness & Weight Loss RR	9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	9:00 AM Water Aerobics 9:45 AM Action: Wellness and Weight Loss RR 3:30 Floor Exercises	GO RED DAY 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (AR)** 11:00 AM Neurofit 1:00 PM Water Volleyball	
9	10	11	12	13	14	15
	9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 2:00 PM Chair Yoga 3:30 Game Time!	9:00 AM Water Aerobics 9:45 AM Action: Wellness & Weight Loss	9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 1:00 PM Bladder Health	9:00 AM Water Aerobics 9:45 AM Action: Wellness and Weight Loss RR 1:30 Grief Support 3:30 Floor Exercises	9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 1:00 PM Water Volleyball	
16	17	18	19	20	21	22
	9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 3:30 PM Game Time!	9:00 AM Water Aerobics 9:45 AM Action: Wellness & Weight Loss 2:00 PM Chair Yoga	9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	9:00 AM Water Aerobics 9:45 AM Action: Wellness and Weight Loss RR 1:30 AACSG 3:30 Floor Exercises	9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 1:00 PM Water Volleyball	
23	24	25	26	27	28	
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Staff Contact Information

Wellness Director Sheila Walsh
 swalsh@shorewoodcampus.com
 507-536-3221



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

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 Chi 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.

Action: Wellness & Weight Loss Tuesdays and Thursdays 9:45-10:30 Registration Required**

Floor Exercises Thursdays 3:30 PM

Game Time: Shuffleboard and Bean Bags Mondays 3:30 PM

Water Volleyball Fridays 1:00 PM

Grief Support February 13th, 1:30 PM

AACSG February 20th, 1:30 PM

Go Red! Friday February 7th, Location The Club-9:30 AM and Location Commons-11:00 AM Wear red in support of all that are affected by heart related health problems.

Bladder Health Presentation Wednesday February 12th, 1:00 PM

Key:

***: for Resident Only

RR: Registration Required for Class