

SUN	MON	TUES	WED	THURS	FRI	SAT	
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2	<b>3</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 1:00 PM Irish Dancing 3:30 Game Time!	<b>4</b> 9:00 AM Water Aerobics  2:00 PM Chair Yoga	<b>5</b> 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	<b>6</b> 9:00 AM Water Aerobics  1:00 PM Irish Dancing 3:30 PM Floor Exercises	<b>7</b> 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	8	
9	<b>10</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 1:00 PM Irish Dancing 3:30 Game Time!	<b>11</b> 9:00 AM Water Aerobics  2:00 PM Chair Yoga	<b>12</b> 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	<b>13</b> 9:00 AM Water Aerobics  1:00 PM Irish Dancing 1:30 PM Grief Support 3:30 PM Floor Exercises	<b>14</b> 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	15	
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23	<b>24</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 3:00 PM March Madness: Tournament Shoot-Off! Place	<b>25</b> 9:00 AM Water Aerobics  2:00PM Chair Yoga	<b>26</b> 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	<b>27</b> 9:00 AM Water Aerobics  3:30 PM Floor Exercises	<b>28</b> 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 2:30 PM March Madness Commons !	29	
30	<b>31</b> 9AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 3:30PM Game Time	<b>Club Hours</b> Monday-Thursday 8-4:30pm Friday 8-4pm Saturday 8-12pm					

# 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)

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, and 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** Friday 9:45 AM

In this class, we go through a complete sequence of Tai Ji.

## **Chair Yoga** Tuesday 2:00 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.

## **Floor Exercises** 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.

## **Game Time!** Mondays 3:30 PM

## **Water Volleyball** Fridays 1:00 PM

## **Grief Support** Thursday March 13th 1:30 PM

## **AACSG** Thursday March 20th 1:30 PM

## **Irish Dancing!** Mondays and Thursdays at 1:00 PM

Irish Dancing Class Learn how to do a basic Irish dance in in 5- 30 min sessions.

## **March Madness**

Join in the fun! See who can shoot the most baskets in a bracket style tournament for March Madness! May the strongest player win!

**Pre- Registration required to guarantee a spot, there may be some drop in spots available**

### Staff Contact Information

**Sheila Walsh**

**Wellness Director**

507-536-3221

swalsh@shorewoodcampus.com

### March Madness Schedule

Brackets Available and Shoot off Tournament Sign up Available at Club Front Desk: **March 17th**

Bracket Turn in by: **March 20th**

Shorewood Place Basketball Tournament **March 24th 3PM-4PM**

Shorewood Commons Basketball Tournament **March 28th 2:30PM-3:00PM**