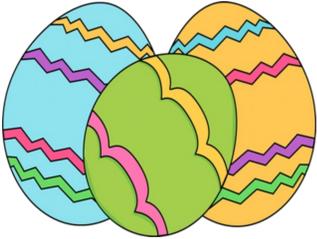


SUN	MON	TUES	WED	THURS	FRI	SAT
		<b>1 <u>April Pools Day!</u></b> <b>9:00 AM Water Aerobics</b>  <b>2:00PM Chair Yoga</b>	<b>2</b> 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** <b>11:00 AM— “Parkinson’s Disease vs. Parkinsonism” Presentation</b> by Dr Tina Liu and Neurofit	<b>3</b> <b>9:00 AM Water Aerobics</b>  <b>3:30 Floor Exercises</b>	<b>4</b> 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 1:00 PM Water Volleyball	<b>5</b>
<b>6</b>	<b>7</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	<b>8</b> <b>9:00 AM Water Aerobics</b>  <b>2:00PM Chair Yoga</b>	<b>9</b> 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** <b>11:00 AM— “Physical Activity with Parkinson’s Disease” Presentation</b> and Neurofit	<b>10</b> 9:00 AM Water Aerobics <b>10:00 AM AFEP– Arthritis Foundation Exercise Program—RR**</b> <b>1:30 Grief Support</b> 3:30 Floor Exercises	<b>11</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	<b>12</b>
<b>13</b>	<b>14</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	<b>15</b> 9:00 AM Water Aerobics <b>10:00 AM AFEP– Arthritis Foundation Exercise Program-RR**</b> 2:00PM Chair Yoga	<b>16</b> 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** <b>11:00 AM— “Nutrition with Parkinson’s Disease” Presentation</b> and Neurofit	<b>17</b> 9:00 AM Water Aerobics <b>10:00 AM AFEP– Arthritis Foundation Exercise Program-RR**</b> <b>1:30 AACSG</b> 3:30 Floor Exercises	<b>18</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	<b>19</b>
<b>20</b>	<b>21</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	<b>22</b> 9:00 AM Water Aerobics <b>10:00 AM AFEP– Arthritis Foundation Exercise Program-RR**</b> 2:00PM Chair Yoga	<b>23</b> 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** <b>11:00 AM— “Socialization with Parkinson’s Disease” Presentation</b> and Neurofit	<b>24</b> 9:00 AM Water Aerobics <b>10:00 AM AFEP– Arthritis Foundation Exercise Program-RR**</b> 3:30 Floor Exercises	<b>25</b> 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit 1:00 PM Water Volleyball	<b>26</b>
<b>27</b>	<b>28</b> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	<b>29</b> 9:00 AM Water Aerobics <b>10:00 AM AFEP– Arthritis Foundation Exercise Program-RR**</b> 2:00PM Chair Yoga	<b>30</b> 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)** 11:00 AM Neurofit	 <h1>April</h1>		

# 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, and Friday 10:15 AM Activity Room \*\* 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, 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 Monday and 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, 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, come and join this full yoga practice. This class provides participants with all the same benefits as chair yoga, yet challenges participant more in the area of flexibility and balance as it includes floor exercises.

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

Join us for a fun time of laughter and splashing around as we dive after a ball and play a game of water volleyball.

## **Grief Support Thursday April 10th 1:30 PM**

## **AACSG Thursday April 17th 1:30 PM**

## **Arthritis Foundation Exercise Program (AFEP) Tuesday and Thursday 10:00AM-11:00 AM \*\*\*Registration Required**

Learn range of motion and endurance building activities to keep joints flexible and muscles strong. Classes include health-related topics and relaxation techniques. The Arthritis Foundation Exercise Program (AFEP) is proven to reduce pain, improve joint function, increase confidence, and contribute to overall sense of well-being.

## **Parkinson's Awareness Month Presentations at the Club**

**April 3rd 11:00 AM – “Parkinson's Disease vs. Parkinsonism” Presentation by Dr Tina Liu from Mayo Clinic**

**April 9th 11:00 AM- “Physical Activity with Parkinson's Disease” Presentation**

**April 16th 11:00 AM- “Nutrition with Parkinson's Disease” Presentation**

**April 23rd 11:00 AM - “Socialization with Parkinson's Disease” Presentation**

### **The Club Staff**

**Shelia Walsh**

**Wellness Director**

507-536-3222

swalsh@shorewoodcampus.com

### **Key:**

**\*\*RR– Registration Required**

**\*\* - Residents Only**

