



SU	MON	TUES	WED	THURS	FRI	SA
				1 9:00 AM Water Aerobics 10:00 AM AFEP** 3:30 PM Floor Exercises	2 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness** 11:00 AM Neurofit 1:00 PM Water Volleyball	3
4	5 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness** 11:00 AM Neurofit	6 9:00 AM Water Aerobics 10:00 AM AFEP** No Chair Yoga	7 9:00 AM Posture & Balance 10:15 AM Functional Fitness** 11:00 AM Neurofit	8 9:00 AM Water Aerobics 10:00 AM AFEP** 1:30 PM Grief Support 3:30 Floor Exercises	9 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness** 11:00 AM Neurofit 1:00PM Water Volleyball	10
11	12 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness** 11:00 AM Neurofit	13 8:30AM– 12:30 PM CARFIT 9:00 AM Water Aerobics 10:00 AM AFEP** 2:00 PM Chair Yoga	14 9:00 AM Posture & Balance 10:15 AM Functional Fitness** 11:00 AM Neurofit	15 9:00 AM Water Aerobics NO AFEP** 1:30 PM AACSG 3:30 PM Floor Exercises	16 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness** 11:00 AM Neurofit 1:00 PM Water Volleyball	17
18	19 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness** 11:00 AM Neurofit	20 9:00 AM Water Aerobics 10:00 AM AFEP** 1:30 PM Senior Medication Management 2:30 PM Chair Yoga	21 9:00 AM Posture & Balance 10:15 AM Functional Fitness** 11:00 AM Neurofit	22 9:00 AM Water Aerobics 10:00 AM AFEP** 3:30 PM Floor Exercises	23 9:00 Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness** 11:00 AM Neurofit 1:00 PM Water Volleyball	24
25	26 <u>The Club is Closed</u> 	27 9:00 AM Water Aerobics 10:00 AM AFEP** 2:00 PM Chair Yoga	28 9:00 AM Posture & Balance 10:15 AM Functional Fitness** 11:00 AM Neurofit	29 9:00 AM Water Aerobics 10:00 AM AFEP** 3:30 PM Floor Exercises	30 9:00 AM Posture & Balance 9:45 AM Tai Ji 10:15 AM Functional Fitness** 11:00 AM Neurofit 1:00 PM Water Volleyball	31

Staff Contact Information

Sheila Walsh

Director of Wellness

507-536-3221 *Direct Line

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The Club Hours

Monday-Thursday: 8:00am-4:30 PM

Friday : 8:00am– 4:00 PM

Saturday: 8:00am– 12:00pm

— **THE CLUB** —
At Shorewood

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 Ji Monday and Friday 9:45 AM

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

Chair Yoga Tuesdays 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 Thursdays 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 participants more in the area of flexibility and balance as it includes being able to get on and off the floor.

Water Volleyball Fridays 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, May 8th 1:30 PM

AACSG Thursday, May 15th 1:30 PM

Arthritis Foundation Exercise Program (AFEP) Tuesday and Thursday 10:00 AM– 11:00 AM

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.

CARFIT Tuesday, May 13th 8:30am-12:30pm

Senior Medication Management Tuesday May 20th 1:00 PM

Your Medication list can multiple in the blink of an eye. Come to learn from Philip Hommerding PharmD with Hunt's Drug. He will provide education on medication interactions and side effects. He will also touch on what is a drug, if all over the Counter drugs are safe, and things to consider when taking medication as an older adult.