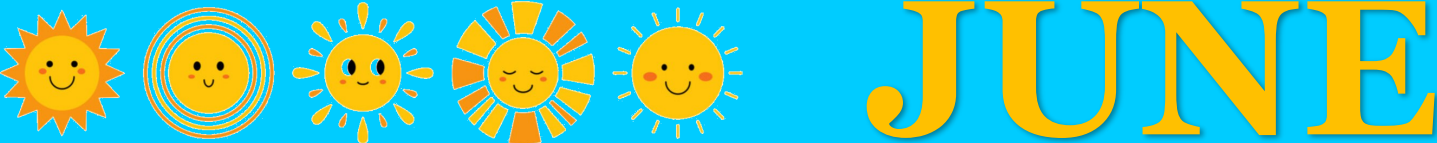



SU	MON	TUES	WED	THURS	FRI	SA
						
1	2 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness** 11:00 AM Neurofit 2:00 PM Warm Water Presentation	3 9:00 AM Water Aerobics 10:00 AM AFEP** 2:00 PM Chair Yoga	4 9:00 AM Posture & Balance 10:15 AM Functional Fitness** 11:00 AM Neurofit	5 9:00 AM Water Aerobics 10:00 AM AFEP** 3:30 PM Floor Exercises	6 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness** 11:00 AM Neurofit 1:00 PM Water Volleyball	7
8	9 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness** 11:00AM Neurofit	10 9:00 AM Water Aerobics 10:00 AM AFEP** 2:00 PM Chair Yoga	11 9:00 AM Posture & Balance 10:15 AM Functional Fitness** 11:00 AM Neurofit	12 9:00 AM Water Aerobics 10:00 AM AFEP** 1:30 PM Grief Support 3:30 PM Floor Exercises	13 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness** 11:00 AM Neurofit 1:00 PM Water Volleyball	14
15	16 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness** 11:00 AM Neurofit	17 9:00 AM Water Aerobics 10:00 AM AFEP** 2:00 PM Chair Yoga	18 9:00 AM Posture & Balance No Functional Fitness** 11:00 AM Neurofit	19 9:00 AM Water Aerobics 10:00 AM AFEP** 1:30 PM AACSG 3:30 PM Floor Exercises	20 <u>The Longest Day</u> 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness** 11:00 AM Neurofit No Water Volleyball	21
22	23 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness** 11:00 AM Neurofit	24 9:00 AM Water Aerobics 10:00 AM AFEP** 2:00 PM Chair Yoga	25 9:00 AM Posture & Balance 10:15 AM Functional Fitness** 11:00 AM Neurofit	26 9:00 AM Water Aerobics 10:00 AM AFEP** 3:30 PM Floor Exercises	27 9:00 AM Posture & Balance NO Tai Chi 10:15 AM Functional Fitness** 11:00 AM Neurofit 1:00 PM Water Volleyball	28
29	30 9:00 AM Posture & Balance 9:45 AM Tai Chi 10:15 AM Functional Fitness** 11:00 AM Neurofit	<div> <div> <u>The Club Hours:</u> Monday-Thurs: 8am-4:30pm Friday: 8am-4pm Saturday: 8am– 12pm </div> <div>  </div> <div> <u>Staff Contact Information</u> Sheila Walsh Director of Wellness 507-536-3221 *Direct Line swalsh@shorewoodcampus.com </div> </div>				

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 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, 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 Friday 1:00 PM

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

Grief Support Thursday, June 12th 1:30 PM

AACSG Thursday, June 19th 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 contributes to your overall sense of well-being.

Warm Water Presentation Monday June 2nd 2:00 PM—The Club

The Longest Day Activities