

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 3:00 PM Wii Bowling	2 9:00 AM Water Aerobics 10:15 AM practical aging	3 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Move with Purpose 3:00 PM Wii Bowling	4 9:00 AM Water Aerobics	5 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room)	6
7	8 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 3:00 PM Wii Bowling	9 9:00 AM Water Aerobics	10 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) The Club Closes at 10:45 AM	11 9:00 AM Water Aerobics 1:30 PM Grief support	12 9:00 AM Posture & Balance 9:15 AM Tai Chi (outside patio) 10:15 AM Functional Fitness (Activity Room)	13
14	15 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 1:00 PM Golf Outing 3:00 PM Wii Bowling	16 9:00 AM Water Aerobics 10:15 AM practical aging 2:45 PM Chair Yoga	17 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Move with Purpose 3:00 PM Wii Bowling	18 9:00 AM Water Aerobics	19 9:00 AM Posture & Balance 9:15 AM Tai Chi (outside patio) 10:15 AM Functional Fitness (Activity Room)	20
21	22 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 3:00 PM Wii Bowling	23 9:00 AM Water Aerobics 10:15 AM practical aging 2:00PM Meet Matt and info on Back Pain 2:45 PM Chair Yoga	24 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Move with Purpose 3:00 PM Wii Bowling	25 9:00 AM Water Aerobics Shorewood Fair 4:30 PM - 6:30 PM	26 9:00 AM Posture & Balance 9:15 AM Tai Chi (outside patio) 10:15 AM Functional Fitness (Activity Room)	27
28	29 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 3:00 PM Wii Bowling	30 9:00 AM Water Aerobics 10:10 AM Tai Ji 2:45 PM Chair Yoga	31 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Move with Purpose 3:00 PM Wii Bowling	 <h1>August</h1>		

The Club at Shorewood Class Descriptions

Posture & Balance **Monday, Wednesday, Friday 9:00 AM, 9:35 AM**

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.

Move with Purpose **Wednesday 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 Quan Movement for Better balance **Friday 9:15 AM**

Originating in martial arts, Tia Ji Quan contains elements that improve balance, strength, flexibility, reaction time, breathing, and quality of sleep. Participants may sit or stand during class, allowing people of various skill levels to participate. February 1 marks the beginning of a 6 week

Chair Yoga **Tuesday 2:45 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.

Wii Bowling **Monday and Wednesday 3:00 PM**

Have fun bowling with friends.

Grief support **Thursday August 11th 1:30 PM**

Grief Counseling Specialist with seasons Hospice leads conversation on grief with Shorewood residents.

Driving Eastwood Golf Course **at 1:00 PM** (register by calling 536-3221)

The Club Staff

Natalie Kalmes

Shelia Walsh

Wellness Coordinator

Wellness Director

507-536-3222

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