

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 9:00 AM Water Aerobics 10:00 AM Tai Ji Quan  2:45 PM Chair Yoga	2 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Move with Purpose 3:00 PM Wii Bowling	3 9:00 AM Water Aerobics 10:00 AM Tai Ji Quan  3:45 PM Yoga	4 9:00 AM Posture & Balance  10:15 AM Functional Fitness (Activity Room)	5
6	7 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Posture & Balance 3:00 PM Wii Bowling	8 9:00 AM Water Aerobics 10:00 AM Tai Ji Quan  2:45 PM Chair Yoga	9 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Move with Purpose 3:00 PM Wii Bowling	10 9:00 AM Water Aerobics 10:00 AM Tai Ji Quan 1:30 PM <b>grief Support Group</b> 3:45 PM Yoga	11 9:00 AM Posture & Balance  10:15 AM Functional Fitness (Activity Room)  Good Life Leaves start————	12
13	14 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Posture & Balance 3:00 PM Wii Bowling	15 9:00 AM Water Aerobics 10:00 AM Tai Ji Quan  2:45 PM Chair Yoga	16 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Move with Purpose 3:00 PM Wii Bowling	17 9:00 AM Water Aerobics 10:00 AM Tai Ji Quan 11:00 AM <b>Dementia Support Group</b> 3:45 PM Yoga	18 9:00 AM Posture & Balance  10:15 AM Functional Fitness (Activity Room)	19
20	21 9:00 AM Posture & Balance 10AM <b>Door Safety &amp; exercise</b> 10:15 AM Functional Fitness (Activity Room) 11:00 AM Posture & Balance	22 9:00 AM Water Aerobics 10:00 AM Tai Ji Quan  2:45 PM Chair Yoga	23 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Move with Purpose 3:00 PM Wii Bowling	24 The Club is <b>CLOSED</b> 	25 The Club is <b>CLOSED</b>	26
27	28 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Posture & Balance 3:00 PM Wii Bowling	29 9:00 AM Water Aerobics 10:00 AM Tai Ji Quan  2:45 PM Chair Yoga	30 9:00 AM Posture & Balance 10:15 AM Functional Fitness (Activity Room) 11:00 AM Move with Purpose 3:00 PM Wii Bowling			

# 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**

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

**The Club Staff**

**Natalie Kalmes**

**Shelia Walsh**

**Wellness Coordinator**

**Wellness Director**

507-536-3222

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