

The Club at Village Shores - April 2019

Sunday Closed	Monday 8:00-4:00	Tuesday 8:00-4:00	Wednesday 8:00-4:00	Thursday 8:00-4:00	Friday 8:00-4:00	Saturday Closed	
	1 12:30-1:00 Balance Class 1:15-1:45 Get Strong! <u>2:00-3:00 BeFit— in the Club</u>	2 <u>9:30-10:30 BeFit—in the Club</u> 1:00-1:30 Seated Dance	3 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class 1:00-1:30 Loose & Limber	4 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance <u>2:00-3:00 BeFit—in the Club</u>	5 <u>9:30-10:30 BeFit—in the Club</u> 10:30-11:00 Balance Class <u>1:00-1:30 Easy Flow—Guest Instructor Susan Schrader!</u>	6 Closed	
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14 Closed	15 KATE OUT Club OPEN No classes BeFit Canceled	16 CLUB OPEN Kate in late; BeFit Canceled 1:00-1:30 Seated Dance	17 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class 1:00-1:30 Loose & Limber	18 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance <u>2:00-3:00 BeFit—in the Club</u>	19 <u>9:30-10:30 BeFit—in the Club</u> 10:30-11:00 Balance Class 1:00-1:30 Easy Flow	20 Closed	
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28 Closed	29 12:30-1:00 Balance Class 1:15-1:45 Get Strong! <u>2:00-3:00 BeFit— in the Club</u>	30 <u>9:30-10:30 BeFit—in the Club</u> 1:00-1:30 Seated Dance	<u>All classes held in the Richfield Room on the 1st floor unless otherwise noted.</u>				



Class Descriptions

All classes held in the Richfield Room on the 1st Floor

Easy Flow: Friday 1:00-1:30pm.

Relax with a progression of sequenced moves using deep breathing and slow, flowing body movements. **Mostly seated class. Guest Instructor Susan Schrader on April 5 and 12!**

Balance: Monday 12:30-1:00pm; Wednesday and Friday 10:30-11:00am.

Perform a variety of exercises to improve balance. **Mostly standing class.**

Get Strong! Monday 1:15-1:45pm and Thursday 10:30-11:00am.

This class consists of basic strength and range of motion exercises. **Standing and seated.**

Seated Dance: Tuesday 1:00-1:30pm and Thursday 1:15-1:45pm.

Combining exercises with some of your favorite, upbeat songs. Let's dance!

Loose & Limber: Wednesday 1:00-1:30pm. An approachable class with a variety of movements to improve coordination, strength and mobility. **Seated class.**

Arthritis: Wednesday 9:30-10:15am.

Nice, easy, and fun exercises focused on loosening the joints. **Mostly seated class.**

Are you new to the Club at Village Shores?

Come in for your **free assessment** and orientation and **free athletic t-shirt**. Schedule with Kate today by stopping by the Club. Here's what is included with your membership:

- Assessment and orientation to get to know YOU and what's best for you here in the Club.
- A program designed for your needs and goals.
- All of the Club classes. Work on your strength, balance, and flexibility with a variety of classes offered throughout the week.

Easy Flow —> Guest Instructor: Susan Schrader

(daughter of resident Jean Schrader)

Fridays, April 5 and April 12, 1-1:30pm

Susan was recently certified as a char (seated) yoga instructor and is eager to share her knowledge. Come for two special sessions of Easy Flow featuring Susan as guest instructor!

BeFit! Times mean Kate is available

to assist you with your workout in the club.

Monday & Thursday 2-3pm, Tuesday & Friday 9:30-10:30am

Hours: Monday-Friday 8:00am-4:00pm

We're located on the first floor at:

Village Shores Senior Community

6501 Woodlake Drive

Richfield, MN 55423

612-746-4712

kgallagher@villageshores.com