

# The Club at Village Shores - December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	8:00-4:00	8:00-4:00	8:00-4:00	8:00-4:00	8:00-4:00	Closed
2 Closed	3 12:30-1:00 Balance Class 1:15-1:45 Get Strong! 2:00-3:00 BeFit— in the Club	4 9:30-10:30 BeFit—in the Club 10:30-11:00 Strength & Balance 1:00-1:30 Seated Dance	5 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class 1:00-1:30 Stretch & Tone	6 <u>10:30-11 Seated Polka with Peg</u> 1:15-1:45 Seated Dance 2:00-3:00 BeFit— in the Club	7 9:30-10:30 BeFit—in the Club 10:30-11:00 Balance Class 1:00-1:30 Easy Flow	8 Closed
9 Closed	10 12:30-1:00 Balance Class 1:15-1:45 Get Strong! 2:00-3:00 BeFit— in the Club	11 9:30-10:30 BeFit—in the Club 10:30-11:00 Strength & Balance 1:00-1:30 Seated Dance	12 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class 1:00-1:30 Stretch & Tone	13 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance 2:00-3:00 BeFit—in the Club	14 9:30-10:30 BeFit—in the Club <b>1:30-4:00 Splash with Kate at Parkshore Pool! Special outing.</b>	15 Closed
16 Closed	17 12:30-1:00 Balance Class 1:15-1:45 Get Strong! 2:00-3:00 BeFit— in the Club	18 9:30-10:30 BeFit—in the Club 10:30-11:00 Strength & Balance 1:00-1:30 Seated Dance	19 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class 1:00-1:30 Stretch & Tone	20 <u>10:30-11 Seated Polka with Peg</u> 1:15-1:45 Seated Dance 2:00-3:00 BeFit— in the Club	21 9:30-10:30 BeFit—in the Club 10:30-11:00 Balance Class 1:00-1:30 Easy Flow	22 Closed
23 Closed	24 Club Open No Classes BeFit Canceled	25 Club Closed Christmas Day	26 9:30 Arthritis Class—VIDEO 1:00-1:30 Stretch & Tone 3:00 Balance Class	27 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance 2:00-3:00 BeFit—in the Club	28 9:30-10:30 BeFit—in the Club 10:30-11:00 Balance Class 1:00-1:30 Easy Flow	29 Closed
30 CLUB OPEN 12-4pm 1:00 Seated Dance 2:00-3:00 BeFit—in the Club	31 12:30-1:00 Balance Class 1:15-1:45 Get Strong! 2:00-3:00 BeFit— in the Club	1 Club Closed New Year's Day	<u>All classes held in the Richfield Room on the 1st floor unless otherwise noted.</u>		<b>HAPPY★NEW★YEAR</b>	



## Class Descriptions

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

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

**Strength & Balance: Tuesday 9:30-10:00am.** Classes consist of basic balance trainings techniques to help reprogram and strengthen the body and mind connection. Mostly standing class.

**Stretch & Tone: Wednesday 1:00-1:30pm.** Gentle stretching, strengthening, and relaxation postures adapted from traditional yoga. Mostly seated class.

**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!

**Get Strong! Monday 1:15-1:45pm; every other Thursday 10:30-11:00am.**

This class consists of basic cardio, strength, flexibility, and range of motion exercises. Standing and seated.

**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.

**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.

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## Special Outing: Splash with Kate at Parkshore Pool

**Friday, December 14th**

Bus leaves at 1:30pm and will return by 4:00pm.

**90 degree pool!**

Kate will hop in the water to teach water exercises.

Bring your swimsuit and a towel.

Don't miss the opportunity to enjoy a warm pool on a cold winter day. Only 10 spots available! Sign-up to secure your place.

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We're located on the first floor at:

Village Shores Senior Community

6501 Woodlake Drive

Richfield, MN 55423

763-746-4712

kgallagher@villageshores.com

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