

The Club at Village Shores - February 2019

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
<p><u>Join us for a Lawn Party!</u> Practice your skills with great lawn games. Giant Yahtzee! Form a team and sign-up to play! Bean Bag toss!</p>					<p>Friday, February 8, 2:30pm 1st Floor Bistro / Lounge Area Refreshments served.</p>	
<p>3 Closed</p>			<p>4 12:30-1:00 Balance Class 1:15-1:45 Get Strong! 2:00-3:00 BeFit— in the Club</p>		<p>5 <u>9:30-10:30 BeFit—in the Club</u> 1:00-1:30 Seated Dance</p>	
<p>6 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class</p>			<p>7 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance <u>2:00-3:00 BeFit—in the Club</u></p>		<p>8 <u>9:30-10:30 BeFit—in the Club</u> 10:30-11:00 Balance Class 1:00-1:30 Easy Flow <u>2:30-4:30 LAWN PARTY!</u></p>	
<p>9 Closed</p>			<p>10 CLUB OPEN! 12-4pm 1:00 Seated Dance 2-3 BeFit!</p>		<p>11 12:30-1:00 Balance Class 1:15-1:45 Get Strong! <u>2:00-3:00 BeFit— in the Club</u></p>	
<p>12 <u>9:30-10:30 BeFit—in the Club</u> 1:00-1:30 Seated Dance</p>			<p>13 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class 1:00-1:30 Loose & Limber</p>		<p>14 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance <u>2:00-3:00 BeFit—in the Club</u></p>	
<p>15 <u>9:30-10:30 BeFit—in the Club</u> 10:30-11:00 Balance Class 1:00-1:30 Easy Flow</p>			<p>16 Closed</p>		<p>17 Closed</p>	
<p>18 Club OPEN No classes BeFit Canceled</p>			<p>19 <u>9:30-10:30 BeFit—in the Club</u> 1:00-1:30 Seated Dance</p>		<p>20 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class 1:00-1:30 Loose & Limber</p>	
<p>21 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance <u>2:00-3:00 BeFit—in the Club</u></p>			<p>22 <u>9:30-10:30 BeFit—in the Club</u> 10:30-11:00 Balance Class 1:00-1:30 Easy Flow 3-3:30 Seated Polka</p>		<p>23 Closed</p>	
<p>24 Closed</p>			<p>25 12:30-1:00 Balance Class 1:15-1:45 Get Strong! <u>2:00-3:00 BeFit— in the Club</u></p>		<p>26 <u>9:30-10:30 BeFit—in the Club</u> 1:00-1:30 Seated Dance</p>	
<p>27 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class 1:00-1:30 Loose & Limber</p>			<p>28 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance <u>2:00-3:00 BeFit—in the Club</u></p>		<p>All classes held in the Richfield Room on the 1st floor unless otherwise noted.</p>	





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. 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.**

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.**

Seated Polka: Friday, February 22, 3-3:30pm. Tap your feet and musical sticks to upbeat Polka tunes! **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.

Join us for a Lawn Party!

Friday, February 8, 2:30pm

Practice your skills with great lawn games! Bean Bag toss!

Form a team and sign-up to play!

Refreshments served. 1st Floor Bistro and Lounge Area

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

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