

The Club at Village Shores - January 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
12/30 CLUB OPEN! 12-4pm 1:00 Seated Dance 2-3 BeFit!	12/31 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	2 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class <u>1:00-1:30 Loose & Limber—NEW</u>	3 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance 2:00-3:00 BeFit- in the Club	4 Club Open No Classes BeFit Canceled	5 Closed
6 Closed	7 12:30-1:00 Balance Class 1:15-1:45 Get Strong! 2:00-3:00 BeFit- in the Club	8 9:30-10:30 BeFit—in the Club 1:00-1:30 Seated Dance	9 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class <u>1:00-1:30 Loose & Limber—NEW</u>	10 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance 2:00-3:00 BeFit—in the Club	11 9:30-10:30 BeFit—in the Club 10:30-11:00 Balance Class 1:00-1:30 Easy Flow <u>3-3:30 Seated Polka</u>	12 Closed
13 Closed	14 12:30-1:00 Balance Class 1:15-1:45 Get Strong! 2:00-3:00 BeFit- in the Club	15 9:30-10:30 BeFit—in the Club 1:00-1:30 Seated Dance	16 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class <u>1:00-1:30 Loose & Limber—NEW</u>	17 10:30-11:00 Get Strong! <u>11:30-1:30—Walking with Kate at Savage Sports Dome</u> 2:00-3:00 BeFit—in the Club	18 9:30-10:30 BeFit—in the Club 10:30-11:00 Balance Class 1:00-1:30 Easy Flow	19 Closed
20 Closed	21 12:30-1:00 Balance Class 1:15-1:45 Get Strong! 2:00-3:00 BeFit- in the Club	22 9:30-10:30 BeFit—in the Club 1:00-1:30 Seated Dance	23 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class <u>1:00-1:30 Loose & Limber—NEW</u>	24 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance 2:00-3:00 BeFit—in the Club	25 9:30-10:30 BeFit—in the Club 10:30-11:00 Balance Class 1:00-1:30 Easy Flow <u>3-3:30 Seated Polka</u>	26 Closed
27 Closed	28 12:30-1:00 Balance Class 1:15-1:45 Get Strong! 2:00-3:00 BeFit- in the Club	29 9:30-10:30 BeFit—in the Club 1:00-1:30 Seated Dance	30 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class <u>1:00-1:30 Loose & Limber—NEW</u>	31 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance 2:00-3:00 BeFit—in the Club		<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

Seated Polka: Friday, January 11 and 25, 3-3:30pm. Tap your feet and musical sticks to upbeat Polka tunes! Seated class.

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

Balance: Monday 12:30-1:00pm; Wednesday and Friday 10:30-11:00am. Perform a variety of exercises to improve balance. Mostly standing 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 and Thursday 10:30-11:00am.

This class consists of basic 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.

Special Outing: Walk at the Savage Sports Dome

Thursday, January 17, 2019, 11:30am-1:30pm

FREE: sign-up on the first floor near the elevators.

Go for a stroll indoors at the Savage Sports Dome! Skip the ice, snow, and winter gear while you enjoy a walk indoors.

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