

The Club at Village Shores – July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	8:00-4:30	8:00-4:30	8:00-4:30	8:00-4:30	8:00-4:30	8:00-4:00
		<u>All classes 30 minutes long unless otherwise noted.</u>		1 9:00 Easy Flow 9:30-9:45 Meditation 10:00 Walking Group—1st Floor 2:00 Seated Dance	2 All Classes by Video 9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Aerobics	3 10:00 Video Class 10:30-10:45 Meditation
4 Closed	5 All Classes by Video 9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Stretching Class	6 9:00 Seated Dance 9:30-9:45 Meditation 10:00 Walking Group—1st Floor 2:00 Easy Flow 3:00-4:00 BeFit	7 9:00-9:45 Arthritis Class 10:00 Aerobics Class 10:30-10:45 Meditation 2:00 4th Floor Exercise	8 9:00 Easy Flow 9:30-9:45 Meditation 10:00 Walking Group—1st Floor 2:00 Seated Dance 3:00-4:00 BeFit	9 All Classes by Video 9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Aerobics	10 10:00 Video Class 10:30-10:45 Meditation
11 Closed	12 All Classes by Video 9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Stretching Class	13 9:00 Seated Dance 9:30-9:45 Meditation 10:00 Walking Group—1st Floor 2:00 Easy Flow 3:00-4:00 BeFit	14 9:00-9:45 Arthritis Class 10:00 Aerobics Class 10:30-10:45 Meditation 2:00 4th Floor Exercise	15 9:00 Easy Flow 9:30-9:45 Meditation 10:00 Walking Group—1st Floor 2:00 Seated Dance 3:00-4:00 BeFit	16 9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Aerobics	17 10:00 Video Class 10:30-10:45 Meditation
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25 Closed	26 All Classes by Video 9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Stretching Class	27 9:00 Seated Dance 9:30-9:45 Meditation 10:00 Walking Group—1st Floor 2:00 Easy Flow Cancelled 3:00-4:00 BeFit	28 9:00-9:45 Arthritis Class 10:00 Aerobics Class 10:30-10:45 Meditation 2:00 4th Floor Exercise	29 9:00 Easy Flow 9:30-9:45 Meditation 10:00 Walking Group—1st Floor 2:00 Seated Dance 3:00-4:00 BeFit	30 9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Aerobics	31 10:00 Video Class 10:30-10:45 Meditation



Class Descriptions

Aerobics Class: Wednesday 10:00am, Friday 2:00pm

With this seated or standing class, get your heart pumping and breathing elevated with our easy to moderate aerobics class!

Easy Flow: Tuesday 2:00pm, Thursday 9:00am

Relax with a progression of sequenced moves using deep breathing and slow, flowing body movements.

Balance: Monday & Friday 10:00am

Practice a variety of exercises to improve balance. Mostly standing class.

Stretching: Monday 2:00pm

A wide variety of great and easy stretches that cover the entire body. Standing and seated.

Seated Dance: Tuesday 9:00am & Thursday 2:00pm

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

Arthritis Video (45 minutes): Monday, Wednesday & Friday 9:00am

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

Walking Group: Tuesday & Thursday 10:00am

Stroll around the Richfield Lake and enjoy nature! On bad weather days, walking will be in the garage.

Meditation (15 minutes): Monday, Wednesday, Friday, & Saturday 10:30-10:45am, Tuesday & Thursday 9:30-9:45am

Join us for a brief meditation class right after one of our other classes. Come for both or just to meditate!

4th Floor Exercise (Held in the 4th Floor Activity Room): Wednesday 2:00pm

A class primarily for Assisted Living Residents, but all are welcome! This is a variety class, where strength, stretching, range of motion, coordination, aerobics, and more are practiced. Variety is the spice of life!

Befit: Tuesday & Thursday 3:00-4:00pm

A dedicated time period where you're guaranteed assistance with your exercises from Wellness Staff.

Class Descriptions

Unless otherwise noted:

- 1) Classes held in Richfield Room, 1st floor;
- 2) 30 minutes

CLUB HOURS

Monday through Friday 8am-4:30pm.

Saturday 8am-4pm. Sunday Closed.

BeFit is back ladies and gentlemen! For those whom are new to Village Shores, or simply haven't heard of BeFit, it is a dedicated time period in The Club where you are guaranteed to have the Wellness staff assist you with your exercises. Whether you need help transferring to equipment, remembering how many sets/reps to do, or like to have someone make sure your movements are safe and efficient, we are there for you!

BeFit will be held each Tuesday and Thursday from 3-4pm starting July 6th. We kindly ask that if you are a resident that does not need this extra help, please come at another time during our operation hours. This way, we can reduce the wait time and allow more people to benefit from this service as possible. Thank you and we look forward to working together to improve your Wellness!

In addition to bringing back Befit, our educational topic this month is on gut health. Gut health plays a super important role in more than just proper bowel movements; it helps to control how the rest of the body feels as well. This month, stop down at The Club to learn more about what you can do to help your gut health through foods, exercise, and so much more!

Hours: M-F 8am-4:30pm. Sat 8am-4pm. Sun closed.

We're located on the first floor at:

Village Shores Senior Community

6501 Woodlake Drive

Richfield, MN 55423

612-746-4712

theclub@villageshores.com