

The Club at Village Shores - March 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
 March 11-30  LET'S MOVE FOR A BETTER WORLD				All classes held in the Richfield Room on the 1st floor unless otherwise noted.	1 <u>9:30-10:30 BeFit—in the Club</u> 10:30-11:00 Balance Class 1:00-1:30 Easy Flow	2 Closed
3 Closed	4 KATE OUT Club OPEN No classes BeFit Canceled	5 KATE OUT Club OPEN No classes BeFit Canceled	6 <u>ALL CLASSES IN 1ST FLOOR LOUNGE</u> 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class 1:00-1:30 Loose & Limber <u>ALL CLASSES IN 1ST FLOOR LOUNGE</u>	7 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance <u>2:00-3:00 BeFit—in the Club</u>	8 <u>9:30-10:30 BeFit—in the Club</u> 10:30-11:00 Balance Class 1:00-1:30 Easy Flow	9 Closed
10 Closed	11 LET'S MOVE KICKOFF! 12:30-1:00 Balance Class 1:15-1:45 Get Strong! <u>2:00-3:00 BeFit— in the Club</u>	12 <u>9:30-10:30 BeFit—in the Club</u> 1:00-1:30 Seated Dance	13 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class 1:00-1:30 Loose & Limber	14 <u>ALL CLASSES IN 1ST FLOOR LOUNGE</u> 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance <u>2:00-3:00 BeFit—in the Club</u>	15 <u>9:30-10:30 BeFit—in the Club</u> 10:30-11:00 Balance Class 1:00-1:30 Easy Flow	16 Closed
17 Closed Village Shores Week!	18 12:30-1:00 Balance Class 1:15-1:45 Get Strong! <u>2:00-3:00 BeFit— in the Club</u>	19 <u>9:30-10:30 BeFit—in the Club</u> 1:00-1:30 Seated Dance	20 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class 1:00-1:30 Loose & Limber	21 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance <u>2:00-3:00 BeFit—in the Club</u>	22 <u>9:30-10:30 BeFit—in the Club</u> 10:30-11:00 Balance Class 1:00-1:30 Easy Flow	23 Closed Village Shores Week!
24 / 31 Closed	25 12:30-1:00 Balance Class 1:15-1:45 Get Strong! <u>2:00-3:00 BeFit— in the Club</u>	26 <u>9:30-10:30 BeFit—in the Club</u> 1:00-1:30 Seated Dance	27 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class 1:00-1:30 Loose & Limber	28 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance <u>2:00-3:00 BeFit—in the Club</u>	29 LAST DAY LET'S MOVE CHALLENGE <u>9:30-10:30 BeFit—in the Club</u> 10:30-11:00 Balance Class 1:00-1:30 Easy Flow	30 Closed



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.**

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.

Let's Move for a Better World!

March 11-30

Use the Technogym equipment in the club to collect MOVEs, feel great, and win prizes!

Don't miss this WORLDWIDE challenge!

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

612-746-4712

kgallagher@villageshores.com

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