

# The Club at Village Shores – March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	8:00-5:00	8:00-5:00	8:00-5:00	8:00-5:00	8:00-5:00	8:00-1:00
1 Closed	2 12:15 Balance Class 1:00 Strength Class <u>2:00-3:00 BeFit– in the Club</u>	3 8:45 Head 2 Toe + Meditation <u>9:30-10:30 BeFit—in the Club</u> 11:00-12:00 TJQMBB— <u>Members Only</u> 1:00 Seated Dance	4 9:15 Arthritis Class 10:30 Balance Class 1:00 Strength Class	5 8:45 Head 2 Toe + Meditation 10:00 4th Floor Exercise—4th Floor Activity Room 11:00-12:00 TJQMBB— <u>Members Only</u> <u>2:00-3:00 BeFit—in the Club</u>	6 <u>9:30-10:30 BeFit—in the Club</u> 10:30 Balance Class + Meditation 1:00 Loose & Limber	7 8:45-9:30 Strength + Balance Class <u>9:30-10:30 BeFit—in the Club</u>
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15 Closed	16 12:15 Balance Class 1:00 Strength Class <u>2:00-3:00 BeFit– in the Club</u>	17 8:45 Head 2 Toe + Meditation <u>9:30-10:30 BeFit—in the Club</u> 11:00-12:00 TJQMBB— <u>Members Only</u> 1:00 Seated Dance	18 9:15 Arthritis Class 10:30 Balance Class 1:00 Strength Class	19 8:45 Head 2 Toe + Meditation 10:00 4th Floor Exercise—4th Floor Activity Room 11:00-12:00 TJQMBB— <u>Members Only</u> <u>2:00-3:00 BeFit—in the Club</u>	20 <u>9:30-10:30 BeFit—in the Club</u> 10:30 Balance Class + Meditation 1:00 Loose & Limber	21 8:45-9:30 Strength + Balance Class <u>9:30-10:30 BeFit—in the Club</u>
22 Closed	23 12:15 Balance Class 1:00 Strength Class <u>2:00-3:00 BeFit– in the Club</u>	24 8:45 Head 2 Toe + Meditation <u>9:30-10:30 BeFit—in the Club</u> 11:00-12:00 TJQMBB— <u>Members Only</u> 1:00 Seated Dance	25 9:15 Arthritis Class 10:30 Balance Class 1:00 Strength Class	26 8:45 Head 2 Toe + Meditation 10:00 4th Floor Exercise—4th Floor Activity Room 11:00-12:00 TJQMBB— <u>Members Only</u> <u>2:00-3:00 BeFit—in the Club</u>	27 <u>9:30-10:30 BeFit—in the Club</u> 10:30 Balance Class + Meditation 1:00 Loose & Limber	28  CLUB OPEN NO CLASS OR BEFIT
29 Closed	30 12:15 Balance Class 1:00 Strength Class <u>2:00-3:00 BeFit– in the Club</u>	31 8:45 Head 2 Toe + Meditation <u>9:30-10:30 BeFit—in the Club</u> 11:00-12:00 TJQMBB— <u>Members Only</u> 1:00 Seated Dance		All classes held in the Richfield Room on the 1st floor unless otherwise noted.	All classes 30 minutes long unless otherwise noted.	



### Class Descriptions

Classes held in Richfield Room  
(1st floor), 30 minutes long  
unless otherwise noted.

#### **Meditation (15 minutes): Tuesday and Thursday 9:15-9:30am, Friday 11:00-11:15am**

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

#### **Head 2 Toe: Tuesday and Thursday 8:45am**

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

#### **Arthritis (45 minutes): Wednesday 9:15-10:00am**

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

#### **Balance: Monday 12:15pm, Wednesday and Friday 10:30am, Saturday 8:45am**

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

#### **4th Floor Exercise: Thursday 10am—meets in 4th floor activity room**

Perform seated exercises to improve flexibility, range of motion, and strength.

#### **Strength: Monday and Wednesday 1:00pm, Saturday 8:45am**

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

**Loose & Limber: Friday 1:00pm.** An approachable class with a variety of movements to improve coordination, strength and mobility. Seated class.

#### **Seated Dance: Tuesday 1:00pm**

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

#### **TJQMMB (Tai Ji Quan: Moving for Better Balance): Tuesday & Thursday 11:00am-12:00pm**

This class is for registered members only. Train your body to be better equipped at balance and learn movements that you can use to maintain YOUR independence if ever experiencing a fall.

### CLUB HOURS

Monday through Friday 8am-5pm.

**Saturday 8am-1pm.** Sunday Closed.

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The month of March comes with a worldwide exercise campaign called 'Let's Move for a Better World'. This exercise campaign is a challenge to everyone around the world to get off their feet and combine your efforts to fight back against the ever-increasing obesity rates. Human beings were born to move, but due to the convenience of evolving technology, the active lifestyle of our world's population is under threat, and the lifestyles that we lead are now more sedentary than ever before.

To participate in this exercise challenge, come down to the club, talk with the wellness staff, start a wellness membership if you don't have one already, and begin moving your body. Our membership program automatically records the exercises you do and donates them to the campaign company. You'll receive a 'Let's Move' T-shirt for your efforts and can compete for prizes for the most movements throughout the community. Keep an eye out for additional information, facts and stats around the building!

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**Hours: M-F 8a-5p. Sat 8a-1p. 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