

The Club at Villages Shores – May 2019

Sunday Closed	Monday 8:00-4:00	Tuesday 8:00-4:00	Wednesday 8:00-4:00	Thursday 8:00-4:00	Friday 8:00-4:00	Saturday Closed
	<u>All classes held in the Richfield Room on the 1st floor unless otherwise noted.</u>		1 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class 1:00-1:30 Loose & Limber	2 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance <u>2:00-3:00 BeFit—in the Club</u>	3 <u>9:30-10:30 BeFit—in the Club</u> 10:30-11:00 Balance Class 1:00-1:30 Easy Flow	4 Closed
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26 Closed	27 KATE OUT Club OPEN No classes BeFit Canceled	28 <u>9:30-10:30 BeFit—in the Club</u> 1:00-1:30 Seated Dance	29 9:30 Arthritis Class with Kate 10:30-11:00 Balance Class 1:00-1:30 Loose & Limber	30 10:30-11:00 Get Strong! 1:15-1:45 Seated Dance <u>2:00-3:00 BeFit—in the Club</u>	31 <u>9:30-10:30 BeFit—in the Club</u> 10:30-11:00 Balance Class 1:00-1:30 Easy Flow	



Class Descriptions

All classes held in the Richfield Room on the 1st Floor

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. Guest Instructor Susan Schrader on April 5 and 12!**

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.**

Arthritis: Wednesday 9:30-10:15am.

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

Did you know we have PT and OT right here in the building?

Physical Therapy (PT) and Occupational Theraph (OT) through Ascend Rehabilitation is just one of the many amenities available to you here at Village Shores. Ascend therapists will work with you in your apartment or in the Club. They accept most insurance. Best of all, you don't have to leave the building to get excellent care! The Ascend office is located on the 1st floor inside the club.

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

Are You:

Unsure of how to use the equipment? Or what's right for you?

Curious about when to increase or decrease weight?

Interested in an exercise program just for you?

Come to BeFit to get these questions answered!

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

We're located on the first floor at:

Village Shores Senior Community

6501 Woodlake Drive

Richfield, MN 55423

612-746-4712

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