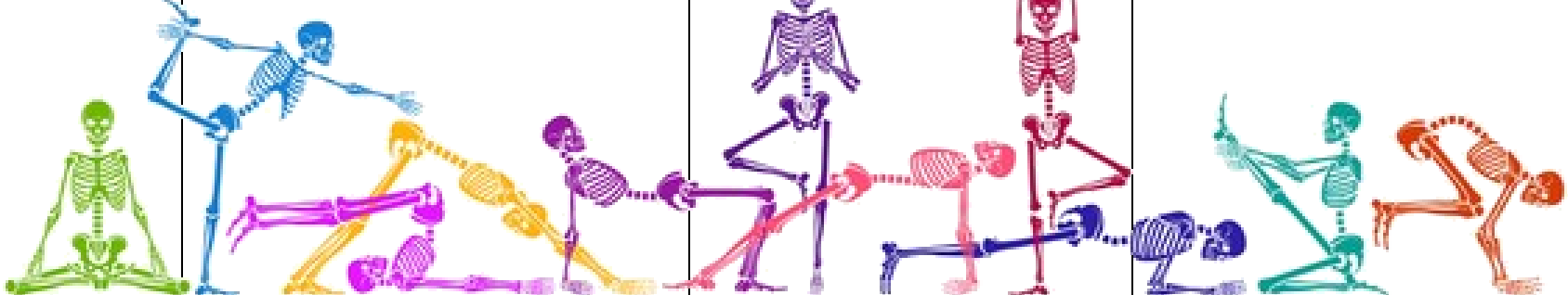


# The Club at Village Shores – October 2021

Sunday Closed	Monday 8:00-4:30	Tuesday 8:00-4:30	Wednesday 8:00-4:30	Thursday 8:00-4:30	Friday 8:00-4:30	Saturday 8:00-4:00
<p>All classes are 30 minutes long unless otherwise noted.</p> 						
	<p>3 Closed</p>	<p>4 All Classes by Video</p> <p>9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Stretching Class</p>	<p>5</p> <p>9:00 Seated Dance 9:30-9:45 Meditation 10:00 Walking Group—1st Floor 2:00 Easy Flow 3:00-4:00 BeFit</p>	<p>6</p> <p>9:00-9:45 Arthritis Class 10:00 Aerobics Class 10:30-10:45 Meditation 2:00 4th Floor Exercise</p>	<p>7</p> <p>9:00 Easy Flow 9:30-9:45 Meditation 10:00 Walking Group—1st Floor 2:00 Seated Dance Video Class 3:00-4:00 BeFit</p>	<p>8</p> <p>9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation</p>
<p>10 Closed</p>	<p>11 All Classes by Video</p> <p>9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Stretching Class</p>	<p>12</p> <p>9:00 Seated Dance 9:30-9:45 Meditation 10:00 Walking Group—1st Floor 2:00 Easy Flow 3:00-4:00 BeFit</p>	<p>13</p> <p>9:00-9:45 Arthritis Class 10:00 Aerobics Class 10:30-10:45 Meditation 2:00 4th Floor Exercise</p>	<p>14</p> <p>9:00 Easy Flow 9:30-9:45 Meditation 10:00 Walking Group—1st Floor 2:00 Seated Dance 3:00-4:00 BeFit</p>	<p>15</p> <p>9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation</p>	<p>16</p> <p>10:00 Video Class 10:30-10:45 Meditation</p>
<p>17 Closed</p>	<p>18 All Classes by Video</p> <p>9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Stretching Class</p>	<p>19</p> <p>9:00 Seated Dance 9:30-9:45 Meditation <b>10:00 Walking Group - Cancelled</b> 2:00 Easy Flow 3:00-4:00 BeFit</p>	<p>20</p> <p>9:00-9:45 Arthritis Class 10:00 Aerobics Class 10:30-10:45 Meditation 2:00 4th Floor Exercise</p>	<p>21</p> <p>9:00 Easy Flow 9:30-9:45 Meditation 10:00 Walking Group—1st Floor 2:00 Seated Dance 3:00-4:00 BeFit</p>	<p>22</p> <p>9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation</p>	<p>23</p> <p>10:00 Video Class 10:30-10:45 Meditation <b>11:00 Special Class</b> <b>“Laughter Yoga”</b></p>
<p>24 Closed</p> <p>31 Closed</p> <p><b>HAPPY HALLOWEEN!</b></p>	<p>25 All Classes by Video</p> <p>9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Stretching Class</p>	<p>26</p> <p>9:00 Seated Dance 9:30-9:45 Meditation 10:00 Walking Group—1st Floor <b>2:00 Easy Flow—cancelled</b> 3:00-4:00 BeFit</p>	<p>27</p> <p>9:00-9:45 Arthritis Class 10:00 Aerobics Class 10:30-10:45 Meditation 2:00 4th Floor Exercise</p>	<p>28</p> <p>9:00 Easy Flow 9:30-9:45 Meditation 10:00 Walking Group—1st Floor 2:00 Seated Dance 3:00-4:00 BeFit</p>	<p>29</p> <p>9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation</p>	<p>30</p> <p>10:00 Video Class 10:30-10:45 Meditation</p>



## Class Descriptions

### **Aerobics Class: Wednesday 10:00am**

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

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

## CLUB HOURS

Monday through Friday 8am-4:30pm.

Saturday 8am-4pm. Sunday Closed.

Happy Fall Y'all!

As we enter the fall season, it's a great time to focus on fall prevention. We are so excited to announce our "Muscle of the Month" for October is the **The Core**. Your core muscles are the muscles deep within the abdominals and back, attaching to the spine or pelvis. Some of these muscles include the transversus abdominis, the muscles of the pelvic floor, and the oblique muscles.

We are very excited to share a special event class on Saturday, October 23rd at 11:00 am..."Laughter Yoga"! Join us for 45 minutes to discover the benefits of laughter yoga and learn simple daily exercises to encourage more laughter in your life.

October's Fun Fit wellness challenge is "Fall Back Into Fitness". For every 10 minutes you spend in the gym, you will receive 1 free minute of personal training. All participants will win a free water bottle.

Boo Blessings to all!

Megan & Erin

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**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