

The Club at Village Shores – January 2022

Sunday <i>Closed</i>	Monday 7:30-4:00	Tuesday 7:30-4:00	Wednesday 7:30-4:00	Thursday 7:30-4:00	Friday 7:30-4:00	Saturday 8:00-3:30
<i>All classes are 30 minutes long unless otherwise noted.</i>						1 CLUB CLOSED 
2 <i>Closed</i>	3 All Classes by Video 9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Seated Volley Ball	4 9:00 Seated Dance 9:30-9:45 Meditation 10:00 Walking Group - Cancelled 2:00 Darts & Putt Putt Golf 3:00 Blood Pressure Clinic - Bistro 3:00-4:00 BeFit	5 9:00-9:45 Arthritis Video Class 10:00 Chair Yoga 10:30-10:45 Meditation 2:30 Cardio Drumming	6 9:00 Aerobics Class 9:30-9:45 Meditation 10:00 Walking Group -1st Floor 2:00 Fall Prevention (Part One) 3:00 Blood Pressure Clinic - Bistro 3:00-4:00 BeFit	7 9:00-9:45 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation	8 9:00 Tai Chi Video Class 10:00 Stretching Class 1:00 Art with Megan
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Class Descriptions

Aerobics Class: Thursday 9:00am

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

Chair Yoga: Wednesday 10:00

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: Saturday 10:00am

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

Seated Dance: Tuesday 9:00am

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 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!

Group Sports: Seated Volley Ball (Monday), Darts & Putt Putt Golf (Tuesday), Cardio Drumming (Wednesday), Fall Fitness Prevention Class (Thursday 2:00pm) & Seated Tai Chi (Saturday 9:00am)

For those who desire the non traditional forms of exercise, we now offer five NEW group classes. Seated Volley Ball, is played with a soft balloon. The Darts are magnetic for safety and fun. In Putt Putt Golfing you have the choice of five different "greens" to choose from, play a couple rounds. Cardio Drumming class combines drumming, music, movement, and cognition through a fun approach that sparks creativity and critical thinking. Our limited series "Fall prevention Class" will be a combination of strength, balance, and stretching exercises. Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. 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.

Blood Pressure Clinic: Tuesday & Thursday 3:00-3:30pm In the Bistro

Class Descriptions

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

CLUB HOURS (Winter)

Monday through Friday 7:30am-4:00pm.

Saturday 8am-3:30pm. Sunday Closed.

HAPPY NEW YEAR! In the fitness industry, January is usually a very busy month. Many people, with the best of intentions, like to set healthy goals including exercising more, eating better, or finding ways to reduce stress. Unfortunately, many fail to accomplish their goals due to lack of accountability and/or motivation. But we here in the Club are able to help you jump those problematic hurdles and conquer your wellness goals.

We hope you will take full advantage of our January personal training special:

A. Buy one personal training get one free (for new clients only.)

or

B. Receive one free personal training session for each referral that books a personal training session (for recurring clients only.)

January Muscle of the Month: the Tongue

New Years' Blessings to all!

-Erin & Megan

Hours: M-F 7:30am-4:00pm. Sat 8am-3:30pm. 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