



# The Club at Village Shores – June 2022

Sunday <i>Closed</i>	Monday 7:30-4:30	Tuesday 7:30-4:30	Wednesday 7:30-4:30	Thursday 7:30-4:30	Friday 7:30-4:30	Saturday 8:00-2:00
			1 9:00 Arthritis Video Class 10:00 Chair Yoga 10:30-10:45 Meditation	2 8:30 Walking Group 9:00 Tai Ji Quan 9:30-9:45 Meditation 2:00 Seated Dance Video 2:30 Blood Pressure	3 9:00 Cardio Drumming 10:00 Balance Class 10:30-10:45 Meditation	4 8:30 Walking Group 10:00 Table Tennis 1:00 Art for Wellness
5	6 9:00 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Seated Volley Ball	7 8:30 Walking Group 9:00 Circuit Training Class 9:30-9:45 Meditation 2:30 Blood Pressure Clinic	8 9:00 Arthritis Video Class 10:00 Chair Yoga 10:30-10:45 Meditation	9 8:30 Walking Group 9:00 Tai Ji Quan 9:30-9:45 Meditation 2:00 Line Dancing with Mindy 2:30 Blood Pressure	10 9:00 Cardio Drumming 10:00 Balance Class 10:30-10:45 Meditation	11 8:30 Walking Group 10:00 Table Tennis 1:00 Art for Wellness
12	13 9:00 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Seated Volley Ball	14 8:30 Walking Group 9:00 Circuit Training Class 9:30-9:45 Meditation 2:30 Blood Pressure Clinic	15 9:00 Arthritis Video Class 10:00 Chair Yoga 10:30-10:45 Meditation	16 8:30 Walking Group 9:00 Tai Ji Quan 9:30-9:45 Meditation 2:00 Seated Dance Video 2:30 Blood Pressure Clinic	17 9:00 Cardio Drumming 10:00 Balance Class 10:30-10:45 Meditation	18 8:30 Walking Group 10:00 Table Tennis 1:00 Art for Wellness
19	20 9:00 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Seated Volley Ball	21 9:00 - 1:00 Longest Day Walk 2:30 Blood Pressure Clinic	22 9:00 Arthritis Video Class 10:00 Chair Yoga 10:30-10:45 Meditation	23 8:30 Walking Group 9:00 Tai Ji Quan 9:30-9:45 Meditation 2:00 Line Dancing with Mindy 2:30 Blood Pressure Clinic	24 9:00 Cardio Drumming 10:00 Balance Class 10:30-10:45 Meditation	25 8:30 Walking Group 10:00 Table Tennis 1:00 Art for Wellness
26	27 9:00 Arthritis Video Class 10:00 Balance Class 10:30-10:45 Meditation 2:00 Seated Volley Ball	28 8:30 Walking Group 9:00 Circuit Training Class 9:30-9:45 Meditation 2:30 Blood Pressure Clinic	29 9:00 Arthritis Video Class 10:00 Chair Yoga 10:30-10:45 Meditation	30 8:30 Walking Group 9:00 Tai Ji Quan 9:30-9:45 Meditation 2:00 \$1 Summer Smoothies 2:30 Blood Pressure Clinic		<u>Key</u> Black - Regular Class Blue - Special Event Purple - Non Class Red - Cancelled



# THE CLUB

## AT VILLAGE SHORES

*\*Classes are held in the  
Richfield Room  
(1st floor)*

### **Class Descriptions**

**Arthritis Video (45 minutes): Monday & Wednesday 9:00am**

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

**Balance: Monday & Friday 10:00am**

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

**Circuit Training: Tuesday 9:00am**

Circuit training is a form of body conditioning that involves endurance training, resistance training, and aerobics.

**Cardio Drumming: Friday 9:00am**

Cardio Drumming class combines drumming, music, movement, and cognition through a fun approach that sparks creativity and critical thinking.

**Chair Yoga: Wednesday 10:00am**

Relax with a progression of sequenced moves using deep breathing and slow, flowing body movements.

**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!

**Seated Dance: Thursday 2:00pm**

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

**Seated Volley Ball: Monday 2:00pm**

Seated Volley Ball, is played with a soft balloon.

**Tai Ji Quan: Thursday 9:00am**

Based on the movement from Tai Chi, "Moving for Better Balance" helps improve balance and reduce the likelihood of falling.

**Walking Group: Tuesday & Thursday, and Saturdays 8:30am**

Stroll around the Richfield Lake and enjoy nature! During inclement weather, we will be walking the hallways of our enormous building. We meet on the 1st Floor, near the elevators.

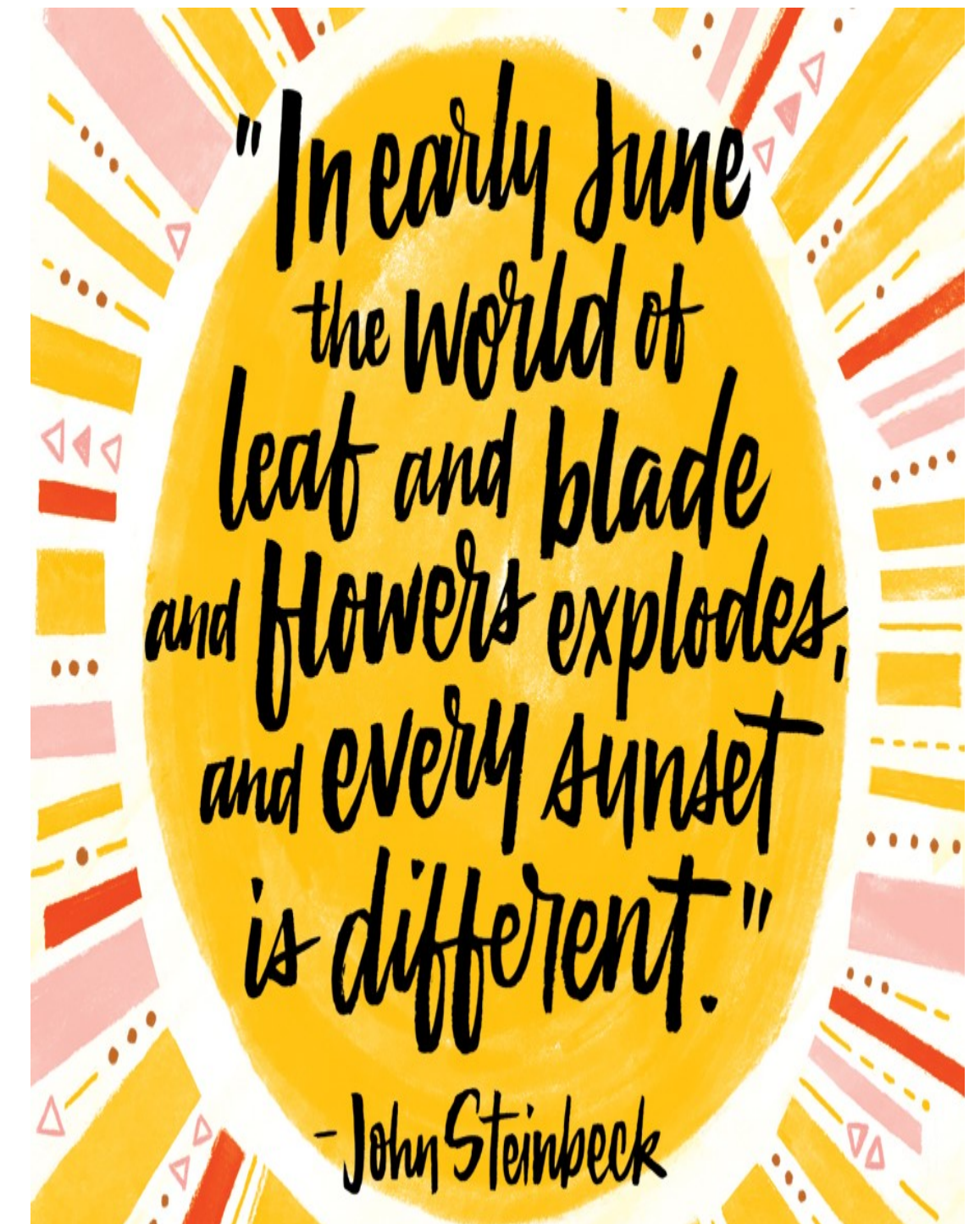
**Blood Pressure Clinic: Tuesday & Thursday 2:30 - 3:00pm In the Bistro**

### **CLUB HOURS (Summer)**

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

Saturday 8:00 am - 2:00pm

Sunday CLOSED



*We're located on the first floor at:  
Village Shores Senior Community  
6501 Woodlake Drive  
Richfield, MN 55423*