

# The Club at Village Shores – March 2024

<i>Sunday</i> <i>Club Closed</i>	<i>Monday</i> 8:00 AM – 5:00 PM	<i>Tuesday</i> 8:00 AM – 5:00 PM	<i>Wednesday</i> 8:00 AM – 5:00 PM	<i>Thursday</i> 8:00 AM – 5:00 PM	<i>Friday</i> 8:00 AM – 4:00 PM	<i>Saturday</i> 8:30 AM —12:30 PM
	<b>INTRODUCING FUN FRIDAYS in MARCH</b>  <b>Stop by The Club to play a Wellness Game Fridays 11:30a-12:30p</b>  <b>NEW game each week!</b>		<b>KEY</b>  <i>Black - Group Class</i> <i>Blue - Wellness Activity</i> <i>Purple - Resident Led</i> <i>Red - Cancelled/ Holiday</i>	<b>NOTE</b>  <b>Classes are held in Richfield Room unless noted.</b>	<b>1</b> <b>8:45</b> Cardio Drumming Video <b>10:00</b> Better Balance Basics <b>10:45</b> Wellness Moment 4th Floor AR after Bingo!  <b>11:30a-12:30p FUN FRIDAY:</b> <b>Stop by The Club to Play a Wellness Game!</b>	<b>2</b> <b>9:15</b> Joyful Movement <b>10:00-11:00am BeFit</b>
<b>3</b>	<b>4</b> <b>8:45</b> Arthritis Video <b>10:00</b> Better Balance Basics <b>10:45</b> Balance Intermediate <b>2:30-3:30 BeFit</b>	<b>5</b> <b>8:00</b> Community Walk <b>9:30</b> Strength & Stretch <b>10:00-11:00 BeFit</b> <b>1:00</b> Chair Yoga	<b>6</b> <b>8:45</b> Seated Tai Chi Video <b>10:00</b> Arthritis Class <b>1:00</b> Wellness Walk	<b>7</b> <b>8:00</b> Community Walk <b>9:30</b> Strength & Stretch <b>1:00</b> Better Balance Basics in 4th Floor AR <b>2:30-3:30 BeFit</b>	<b>8</b> <b>8:45</b> Cardio Drumming Video <b>10:00</b> Better Balance Basics <b>10:45</b> Wellness Moment 4th Floor AR after Bingo!  <b>11:30a-12:30p FUN FRIDAY</b>	<b>9</b> <b>9:15</b> Joyful Movement <b>10:00-11:00am BeFit</b>
<b>10</b> 	<b>11</b> <b>8:45</b> Arthritis Video <b>10:00</b> Better Balance Basics <b>10:45</b> Balance Intermediate <b>2:30-3:30 BeFit</b>	<b>12</b> <b>8:00</b> Community Walk <b>9:30</b> Strength & Stretch <b>10:00-11:00 BeFit</b> <b>1:00</b> Chair Yoga	<b>13</b> <b>8:45</b> Seated Tai Chi Video <b>10:00</b> Arthritis Class <b>1:00</b> Wellness Walk	<b>14</b> <b>8:00</b> Community Walk <b>9:30</b> Strength & Stretch <b>1:00</b> Better Balance Basics in 4th Floor AR <b>2:30-3:30 BeFit</b>	<b>15</b> <b>8:45</b> Cardio Drumming Video <b>10:00</b> Better Balance Basics <b>10:45</b> Wellness Moment 4th Floor AR after Bingo!  <b>11:30a-12:30p FUN FRIDAY</b>	<b>16</b> <b>9:15</b> Joyful Movement <b>10:00-11:00am BeFit</b>
<b>17</b> 	<b>18</b> <b>8:45</b> Arthritis Video <b>10:00</b> Better Balance Basics <b>10:45</b> Balance Intermediate <b>2:30-3:30 BeFit</b>	<b>19</b> <b>8:00</b> Community Walk <b>9:30</b> Strength & Stretch <b>10:00-11:00 BeFit</b> <b>1:00</b> Chair Yoga	<b>20</b> <b>8:45</b> Seated Tai Chi Video <b>10:00</b> Arthritis Class <b>1:00</b> Wellness Walk	<b>21</b> <b>8:00</b> Community Walk <b>9:30</b> Strength & Stretch <b>1:00</b> Better Balance Basics in 4th Floor AR <b>2:30-3:30 BeFit</b>	<b>22</b> <b>8:45</b> Cardio Drumming Video <b>10:00</b> Better Balance Basics <b>10:45</b> Wellness Moment 4th Floor AR after Bingo!  <b>11:30a-12:30p FUN FRIDAY</b>	<b>23</b> <b>9:15</b> Joyful Movement <b>10:00-11:00am BeFit</b>
<b>24/31</b>	<b>25</b> <b>8:45</b> Arthritis Video <b>10:00</b> Better Balance Basics <b>10:45</b> Balance Intermediate <b>2:30-3:30 BeFit</b>	<b>26</b> <b>8:00</b> Community Walk <b>9:30</b> Strength & Stretch <b>10:00-11:00 BeFit</b> <b>1:00</b> Chair Yoga	<b>27</b> <b>8:45</b> Seated Tai Chi Video <b>10:00</b> Arthritis Class <b>1:00</b> Wellness Walk	<b>28</b> <b>8:00</b> Community Walk <b>9:30</b> Strength & Stretch <b>1:00</b> Better Balance Basics in 4th Floor AR <b>2:30-3:30 BeFit</b>	<b>29</b> <b>8:45</b> Cardio Drumming Video <b>10:00</b> Better Balance Basics <b>10:45</b> Wellness Moment 4th Floor AR after Bingo!  <b>11:30a-12:30p FUN FRIDAY</b>	<b>30</b> <b>9:15</b> Joyful Movement <b>10:00-11:00am BeFit</b>

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

## **Class Descriptions**

### **Arthritis Foundation Video: Monday 8:45 am or Arthritis In-person Class: Wednesday 10:00 am**

Follow along with the Arthritis Foundation on Mondays or with Wellness staff on Wednesdays. Class works to improve flexibility and strength without straining your joints. Mostly seated class.

### **Better Balance Basics: Monday & Friday 10:00 am & Thursday (in 4th Floor AR) at 1:00 pm**

Improve balance with core strengthening, stabilization exercises, mobility training and cognitive challenges. Includes some standing with options to use a chair for support.

### **Balance Intermediate: Mondays at 10:45 am**

This class goes beyond the basics to include more standing exercises, circuits and obstacles. Improve balance with core strengthening, stabilization exercises, mobility training and cognitive challenges.

### **Strength & Stretch: Tuesday and Thursday 9:30 am**

Strengthen and lengthen with a total body workout that incorporates endurance training, resistance training, functional movement patterns and a gentle stretch.

### **Chair Yoga: Tuesday 1:00 pm**

Connect your body, mind and breath with a sequence of slow, flowing body movements. Mostly seated class with some options to stand.

### **Seated Tai Chi Video: Wednesday 8:45 am**

Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Benefits of Tai Chi include improved circulation, strength and flexibility.

### **Wellness Walk Wednesday 1:00 pm (Instructor-led) OR**

### **Community Walk Tuesday and Thursday 8:00 am (Resident-led)**

Social connections and movement are key ingredients for health and wellness. Meet near the 1st Floor elevators and walk with us indoors or outdoors weather permitting.

### **Cardio Drumming Video: Friday 8:45 am**

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

### **Joyful Movement: Saturday 9:15 am**

Celebrate movement and mindfulness. This class incorporates cardio, stretching and simple practices to elevate your mood. We bet you'll leave with a smile or even laughing!

# Join the March Movement Challenge

**When We Move We Win!**

**Improve your Health & Enter The  
Club's Weekly Prize Drawing**

## **WAYS TO PLAY**

- Move More! Tell us how you moved more each week!
- Try Something NEW for your Health & Wellness!

**Fill Out & Drop Off a March Movement  
Challenge Form at The Club before  
12:30 pm Saturday each week in March.**

**One Entry Per Week  
Every Entry Includes One FREE  
Wellness Snack!**

## **PRIZES**

**WEEK 1: TechnoGym Workout Shirts & Decals**

**WEEK 2: Two Mindfulness & Breath  
Coaching Personal Training Sessions  
with Shira**

**WEEK 3: TechnoGym Workout Shirts & Decals**

**WEEK 3: Two 15-minute 1:1 Personal  
Training Balance Sessions with Tara**

## **BeFit & Blood Pressure Checks**

**Come to the Club. We Help You Through Your Workout  
& Conduct Blood Pressure Checks**

**Mondays 2:30-3:30 pm  
Tuesdays 10:00-11:00 am  
Thursdays 2:30-3:30 pm  
Saturdays 10:00-11:00 am**

The Club, group exercise classes & wellness programs including BeFit are free to Village Shores residents & club members. Call or stop by to schedule an orientation.