

The Club at Village Shores – July 2024

Sunday <i>Club Closed</i>	Monday 8:00 AM – 5:00 PM	Tuesday 8:00 AM – 5:00 PM	Wednesday 8:00 AM – 5:00 PM	Thursday 8:00 AM – 5:00 PM	Friday 8:00 AM – 4:00 PM	Saturday 8:30 AM – 12:30 PM
KEY <i>Black-Group Class</i> <i>Blue-Wellness Activity</i> <i>Purple-Resident Led</i> <i>Red-Cancelled/Holiday</i>	1 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:00-3:30 BeFit	2 8:00 Community Walk 9:30 Wellness Sample Class DR 9:30 No Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	3 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Olympic Torch Walk	4 Club Closed 	5 10:00 Better Balance Basics	6 9:00 Olympic Games 10:00-11:00am BeFit
7 NOTE Classes are held in Richfield Room unless noted.	8 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:00-3:30 BeFit	9 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	10 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Olympic Torch Walk	11 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit	12 9:00 Joyful Movement 10:00 Better Balance Basics	13 9:00 Olympic Games 10:00-11:00am BeFit
14	15 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:00-3:30 BeFit	16 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	17 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Olympic Torch Walk	18 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit	19 9:00 Joyful Movement 10:00 Better Balance Basics	20 9:00 Olympic Games 10:00-11:00am BeFit
21 Let the Games Begin! 	22 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:00-3:30 BeFit	23 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	24 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Olympic Torch Walk	25 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit	26 9:00 Joyful Movement 10:00 Better Balance Basics 11:00-12:00 Wellness Olympic Opening Ceremony, Bubbles & Games– 3rd Fl Patio & Garden Cafe	27 9:00 Olympic Games 10:00-11:00am BeFit
28	29 Olympic Cycling Challenge Day 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:00-3:30 BeFit	30 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit & Olympic Sized Archery 1:00 Chair Yoga	31 9:00 Seated Tai Chi Video 10:00 No Arthritis Class 10:00-10:45 Olympic Beachball Volleyball 1:00 No Wellness Walk			

*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

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 9:00 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 OLYMPIC TORCH 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. This month let's carry our Olympic torch!

Joyful Movement: Friday 9:00 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!

OLYMPIC Games Saturdays 9:00 am

This month let's take our Wellness Games to an Olympic level! After a warm up, test your strength, balance, coordination, agility and more with sports and games that improve our functional fitness.

