



# The Club at Village Shores – February 2025

<b>Sunday</b> <i>Club Closed</i>	<b>Monday</b> 8:00 AM – 5:00 PM	<b>Tuesday</b> 8:00 AM – 5:00 PM	<b>Wednesday</b> 8:00 AM – 5:00 PM	<b>Thursday</b> 8:00 AM – 5:00 PM	<b>Friday</b> 8:00 AM – 4:00 PM	<b>Saturday</b> 8:30 AM – 12:30 PM
<b>NOTE</b> Classes & wellness events are held in the Richfield Room unless noted.	<b>KEY</b> <i>Black-Group Class</i> <i>Blue-Wellness Activity</i> <i>Purple-Resident Led</i> <i>Red-Cancelled/Holiday</i>					<b>1</b> 9:00 Wellness Games 10:00-11:00 BeFit
<b>2</b> Pick up your Weekly Cardio Challenge tracking log. Turn it in Mondays for a chance to win!	<b>3</b> 9:00 Balance Intermediate 10:00 Better Balance Basics 2:00-2:30 Chair Volleyball 2:00-3:30 BeFit	<b>4</b> 8:00 Community Walk 9:30 Wellness Sample Class DR 9:30 No Strength & Stretch 10:00-11:00 BeFit	<b>5</b> 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 No Wellness Walk 1:00 Treadmill 101 2:00 Chair Yoga 2:30 Meditation	<b>6</b> 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time (NuSteps Reserved for Reflections)	<b>7</b> 9:00 Joyful Movement 10:00 Better Balance Basics	<b>8</b> 9:00 Wellness Games 10:00-11:00am BeFit
	<b>9</b> 9:00 Balance Intermediate 10:00 Better Balance Basics 2:00-2:30 Chair Volleyball 2:00-3:30 BeFit	<b>10</b> 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit	<b>11</b> 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation	<b>12</b> 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time (NuSteps Reserved for Reflections)	<b>13</b> 9:00 Joyful Movement 10:00 Better Balance Basics	<b>14</b> 9:00 Wellness Games 10:00-11:00 BeFit
<b>16</b>	<b>17</b> 9:00 Balance Intermediate 10:00 Better Balance Basics 2:00-2:30 Chair Volleyball 2:00-3:30 BeFit	<b>18</b> 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit	<b>19</b> 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation	<b>20</b> 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time (NuSteps Reserved for Reflections)	<b>21</b> 9:00 Joyful Movement 10:00 Better Balance Basics	<b>22</b> 9:00 Wellness Games 10:00-11:00 BeFit
<b>23</b>	<b>24</b> 9:00 Balance Intermediate 10:00 Better Balance Basics 1:00 Wellness Forum: Q&A With Tara 2:00-2:30 Chair Volleyball 2:00-3:30 BeFit	<b>25</b> 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 2:00 Wellness Talk & Recipe of the Month Sample: Understanding & Improving Heart Health	<b>26</b> 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation	<b>27</b> 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time (NuSteps Reserved for Reflections)	<b>28</b> 9:00 Joyful Movement 10:00 Better Balance Basics	

*Group Exercise Classes are held in the  
Richfield Room (1st floor)  
unless noted on the calendar*

## **Group Exercise Class Descriptions**

### **Move with Ease for Arthritis**

Reduce stiffness, improve mobility and strengthen muscles around the joints so you can move with ease. This mostly seated class is designed to support those with Arthritis but is beneficial for all!

### **Better Balance Basics**

Improve balance, stability and coordination through a series of gentle exercises and drills so you can move with confidence and stay steady on your feet. Includes some standing with options to use a chair for support.

**Balance Intermediate** Take your balance training to another level. This class offers more challenging drills and exercises. It is most appropriate for people who are comfortable being away from their chair or walker.

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

### **Chair Yoga followed by A Brief Meditation**

Connect your body, mind and breath with a sequence of slow, flowing body movements. This gentle yoga practice improves strength, flexibility and balance. It is a mostly seated class with some options to stand. A brief meditation follows. Come to one or both classes. Your body and mind will thank you.

### **Seated Tai Chi Video**

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 (Instructor-led) OR Community Walk (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.

### **Joyful Movement**

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!

### **Wellness Games**

After a warm up, test your strength, balance, coordination, agility and more with sports and games that improve our functional fitness.

## **Join us in The Club for a Heart Health Cardio Challenge**

**February is American Heart Month.**

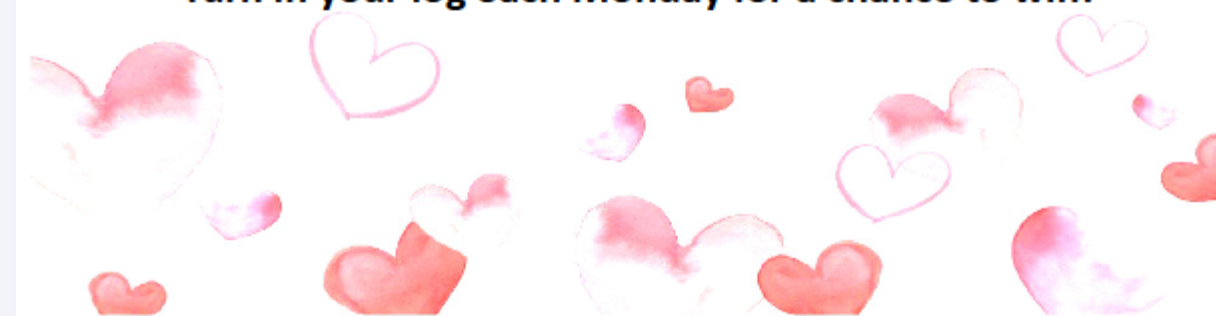
**Give your heart the attention it deserves!**

Let's build new habits for our cardiovascular health. Challenge yourself to add regular aerobic exercise or increase your efforts if you're already walking, biking, riding the NuStep or engaging in other heart-healthy aerobic exercise on a regular basis.

Grab a weekly tracking log in The Club starting Monday, February 3.

Participate all month long. Ride the NuStep or bikes. Walk in the building, outside, or on the treadmill!

**Turn in your log each Monday for a chance to win!**



## **Come to the Club for BeFit!**

**We help you through a personalized workout and conduct blood pressure checks. We can also answer questions or schedule your complementary annual wellness assessment or your free orientation to The Club at Village Shores. BeFit times and Club hours are listed on the calendar.**