The Club at Village Shores – September 2026

Sunday *Club Closed*	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*
	DO WHAT YOU LOVE TO END ALZ™ ALZHEIMER'S ASSOCIATION JOIN TEAM VILLAGE SHORES TO SUPPORT THE ALZHEIMER'S ASSOCIATION THIS MONTH	1 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit	2 9:00 Seated Tai Chi Video 10:00 Move With Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation	3 8:00 Community Walk 9:30 No Strength & Stretch 12:00—1:00 Axe Throwing 1st Fl 2:00-3:30 BeFit 3:30-4:30 Step In Time *(NuSteps Reserved for Reflections)*	4 9:00 Joyful Movement 10:00 Better Balance Basics	5 9:00 Wellness Games 10:00-11:00am BeFit
6	7 	8 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit	9 9:00 Seated Tai Chi Video 10:00 Move With Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation	10 DO WHAT YOU LOVE TO END ALZ ALZHEIMER'S ASSOCIATION NuStep-a-Thon 1st Fl 830am—430pm 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit	11 9:00 Joyful Movement 10:00 Better Balance Basics 1:30pm Pie Party-DR DO WHAT YOU LOVE TO END ALZ ALZHEIMER'S ASSOCIATION	12 9:00 Wellness Games 10:00-11:00am BeFit
13 DO WHAT YOU LOVE TO END ALZ ALZHEIMER'S ASSOCIATION Pancake Breakfast Community Fundraiser 10am-1pm	14 9:20 Better Balance Basics 10:00 Better Balance Basics 12:00-12:30 Chair Volleyball 2:00-3:30 BeFit	15 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit	16 9:00 Seated Tai Chi Video 10:00 Move With Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation	17 8:00 Community Walk 9:30 Strength & Stretch No BeFit or STEP In Time	18 9:00 Joyful Movement 10:00 Better Balance Basics	19 9:00 Wellness Games 10:00-11:00am BeFit
20 SEPT. 21-25 Falls Prevention Awareness Week STOP BY THE CLUB nco national council on aging | FallsFree CheckUp YOU CAN PREVENT A FALL	21 9:20 Better Balance Basics 10:00 Better Balance Basics 12:00-12:30 Chair Volleyball 2:00-3:30 BeFit	22 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit	23 9:00 Seated Tai Chi Video 10:00 Move With Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation	24 8:00 Community Walk 9:30 Strength & Stretch 12:00—1:00 Football Toss 1st Fl 2:00-3:30 BeFit 3:30-4:30 Step In Time *(NuSteps Reserved for Reflections)*	25 9:00 Joyful Movement 10:00 Better Balance Basics	26 9:00 Wellness Games 10:00-11:00am BeFit
27	28 9:20 Better Balance Basics 10:00 Better Balance Basics 12:00-12:30 Chair Volleyball 2:00-3:30 BeFit	29 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit	30 9:00 Seated Tai Chi Video 10:00 Move With Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation		**GROUP CLASSES** **are held in Richfield Room unless noted**	**KEY** ***Black-Group Class*** ***Blue-Wellness Activity*** ***Purple-Resident Led*** ***Red-Cancel/Time Change***

THE CLUB
AT VILLAGE SHORES

Group Exercise Class Descriptions

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

Move with Ease 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.

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.

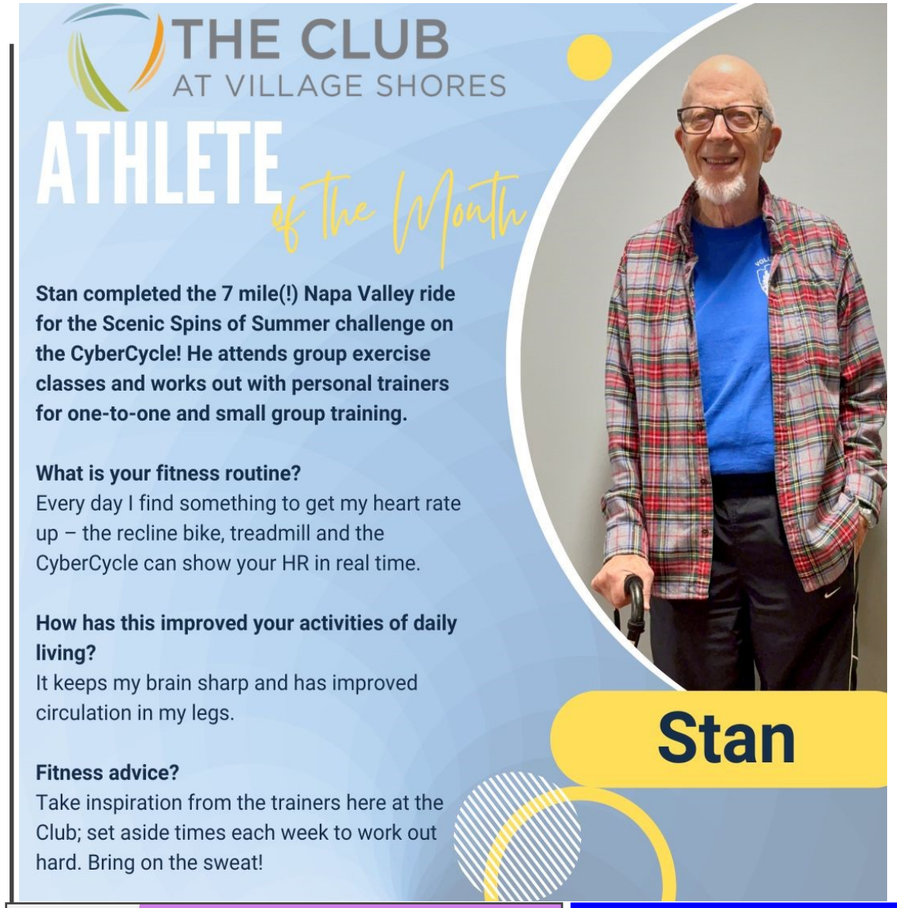
Seated Tai Chi Video Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Benefits of Tai Chi include improved circulation, strength and flexibility.

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.

Chair Volleyball Work on agility, coordination, teamwork and your overall fitness. This is a seated game.



The CLUB Hours

Monday-Thursday
8:00 am-5:00 pm

Friday
8:00a m-4:00 pm

Saturday
8:30 am-12:30 pm

Sunday CLOSED

THE CLUB
AT VILLAGE SHORES

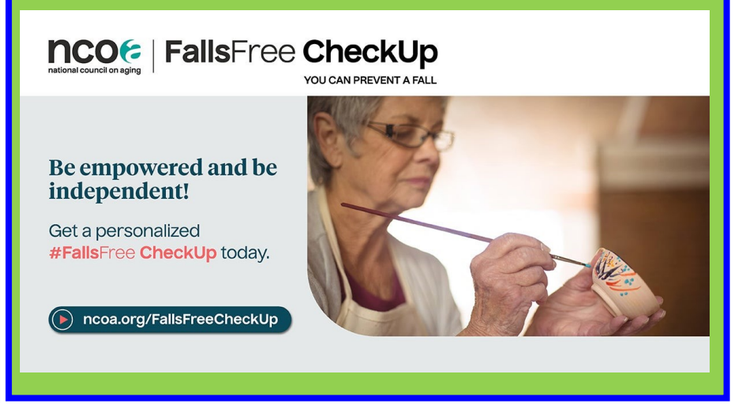
BeFit

We help you through your workout

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

No appointment necessary
First come, first served

Falls Prevention Awareness Week Sept. 21-25

Take a short, simple quiz online or schedule a Falls CheckUp at the Club to see if you are at risk of falls. Tools and resources at The Club.

Group classes, BeFit, wellness activities and personal training help prevent falls. JOIN US!