THE CLUB AT VILLAGE SHORES

NOVEMBER

612.746.4712
6501 Woodlake Drive
Richfield, MN 55423

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 10:00 Strong & Steady *NEW 45-minute Class* **12:00 Chair Volleyball** 1:00 Better Balance Basics **2:00-3:00 BeFit**	3 8:00 Community Walk 10:00 Better Balance Basics **10:30-11:30 BeFit**	4 9:00 Tai Chi Video 10:00 Strong & Steady *NEW 45-minute Class* **1:00 Wellness Walk** 2:00 Chair Yoga 2:30 Meditation	5 8:00 Community Walk 10:00 Move with Ease **2:00-3:00 BeFit** 3:15-4:15 *NuSteps Reserved for Reflections Step in Time*	6 9:00 Joyful Movement 10:00 Better Balance Basics	7 9:00 Wellness Games **10:30-11:30 BeFit**
8 CLOSED	9 10:00 Strong & Steady *NEW 45-minute Class* **12:00 Chair Volleyball** 1:00 Better Balance Basics **1:40 Fall Prevention Talk** **2:00-3:00 BeFit**	10 8:00 Community Walk 10:00 Better Balance Basics **10:30-11:30 BeFit** **RESERVE A SPOT** **Strength for Every Step: Leg Press & Fall Prevention**	11 9:00 Tai Chi Video 10:00 Strong & Steady *NEW 45-minute Class* **1:00 Wellness Walk** 2:00 Chair Yoga 2:30 Meditation	12 8:00 Community Walk 10:00 Move with Ease **2:00-3:00 BeFit** 3:15-4:15 *NuSteps Reserved for Reflections Step in Time*	13 9:00 Joyful Movement 10:00 Better Balance Basics	14 9:00 Wellness Games **10:30-11:30 BeFit**
51 CLOSED	16 10:00 Strong & Steady *NEW 45-minute Class* **12:00 Chair Volleyball** 1:00 Better Balance Basics **2:00-3:00 BeFit**	17 8:00 Community Walk 10:00 Better Balance Basics **10:30-11:30 BeFit**	18 9:00 Tai Chi Video 10:00 Strong & Steady *NEW 45-minute Class* **1:00 Wellness Walk** 2:00 Chair Yoga 2:30 Meditation	19 8:00 Community Walk 10:00 Move with Ease **2:00-3:00 BeFit** 3:15-4:15 *NuSteps Reserved for Reflections Step in Time*	20 9:00 Joyful Movement 10:00 Better Balance Basics	21 9:00 Wellness Games **10:30-11:30 BeFit**
22 CLOSED	23 10:00 Strong & Steady *NEW 45-minute Class* **12:00 Chair Volleyball** 1:00 Better Balance Basics **2:00-3:00 BeFit**	24 8:00 Community Walk 10:00 Better Balance Basics **10:30-11:30 BeFit** **2:30 Wellness Ted Talk: Gratitude**	25 9:00 Tai Chi Video 10:00 Strong & Steady *NEW 45-minute Class* **1:00 Wellness Walk** 2:00 Chair Yoga 2:30 Meditation	26 **Club CLOSED** 	27 9:00 Joyful Movement 10:00 Better Balance Basics	28 **Club Open** **No Classes** **No BeFit**
29 CLOSED	30 10:00 Strong & Steady NEW 45-minute Class **12:00 Chair Volleyball** 1:00 Better Balance Basics **2:00-3:00 BeFit**		**The Club is on the 1st Floor near the Bistro & Salon.**	**Club Hours** **Monday - Thursday 8:00am - 5:00pm** **Friday: 8:00am - 4:00pm** **Saturday: 8:30am - 12:30pm** **Sunday & Holidays CLOSED**		

WELLNESS CLASS DESCRIPTIONS

Better Balance Basics - Richfield Room

Build a foundation for steadier movement in this gentle class focused on balance, coordination and strength. Seated and standing exercises target the core, posture and lower body to support everyday activities. A chair is available for support as you practice moving with greater confidence.

BeFit - The Club

Stay active with open wellness center hours where personal trainers are available to offer exercise guidance, help you learn to use and support your fitness goals.

Chair Volleyball – 1st Floor

This team game serves up the fun and friendship while working on coordination, motor skills, and overall fitness.

Chair Yoga & Meditation – Richfield Room

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 mind and body will thank you.

Joyful Movement – Richfield Room

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 sunshine.

Move with Ease – Richfield Room

Move more comfortably with exercises designed to reduce stiffness, improve mobility and strengthen the muscles that support your joints. Seated and standing options allow you to participate at your own comfort level.

Seated Tai Chi Video - Richfield Room

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.

Strong & Steady – Richfield Room

Build strength, improve balance and boost endurance in this well-rounded fitness class designed to support everyday movement and independence. Seated and standing exercises use dumbbells, balls or resistance bands to keep your whole body moving. Join us to feel stronger, steadier and more confident in your daily activities. *THIS IS A 45-MINUTE CLASS.*

Wellness Games - Richfield Room

Put play into your day with engaging games and friendly competition! Enjoy activities that challenge your strength, base coordination and agility while connecting with others. Join us for movement, laughter and fun at your own pace.

Wellness Walk (Instructor-led) OR Community Walk (Resident-led) - 1st Floor

Connect with others and keep moving with a group walk. Walking together can help reduce pain, support your health and keep you motivated. Meet near the 1st Floor elevators for an indoor walk or an outdoor walk, weather permitting.

THE CLUB AT VILLAGE SHORES

GETTING STARTED at THE CLUB

Group exercise classes and wellness programs at The Club are included for residents, staff and Club community members. In an effort to promote safety and improve your overall fitness level, we ask that residents and members interested in participation complete an assessment and orientation. We will develop a personal workout plan for you. Stop in or call The Club to schedule your appointment.

ADDITIONAL FEE-BASED SERVICES

PERSONAL TRAINING (by appointment)

Your personal trainer will work with you to plan a safe, efficient program that helps you to reach your health goals and improve your overall quality of life by prioritizing concerns and providing the encouragement that you need. $48.00 for 30-min.

THERAPY SERVICES - ASCEND REHAB

Home Health Care, Physical, Occupational and Speech Therapies. Residents only at this time.
Billed through medical insurance.
Ascend Main Phone: 763-531-5039
Email intake@ascend-rehab.org

The Club 612.746.4712

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