



**THE CLUB**  
At Shorewood

**Hours of Operation**  
Monday/Wednesday/Friday  
7:00am-4:00pm  
Tuesday/Thursday  
7:00am-7:00pm  
Saturday  
8:00 am—12:00 pm  
Sundays & Holidays: CLOSED  
Family Swim:  
Monday-Friday 2:00-3:30pm  
Saturday 9-11:30am

**FRONT DESK PHONE:**  
**507-536-3222**

**Kristina Wobig,**  
**Wellness Coordinator**  
kwobig@shorewoodcampus.com

**Location Key:**  
**A** - Aerobics Room  
**P** - Pool  
**AR** - Commons Activity Room

SUN	MON	TUES	WED	THURS	FRI	SAT
<h1>February 2019</h1> 					1 9:30 Posture & Balance-A 1:30 Gentle Yoga- A 2:00 Get Up & Dance-A	2 Club Open 8am-12pm Family Swim 9am-11:30am
3	4 9:30 Posture & Balance-A 10:30 Tai Chi-A 2:15 Reflections	5 8:30 Water Fitness-P 2:30 Strength-A 3:00 Drum Fitness-A	6 9:30 Posture & Balance-A 10:30 Tai Chi-A	7 8:30 Water Fitness-P 2:30 Stretch-A	8 9:30 Posture & Balance-A 1:30 Gentle Yoga- A 2:00 Get Up & Dance-A	9 Club Open 8am-12pm Family Swim 9am-11:30am
10	11 9:30 Posture & Balance-A 10:30 Tai Chi-A 2:15 Reflections	12 8:30 Water Fitness-P 2:30 Strength-A 3:00 Drum Fitness-A	13 9:30 Posture & Balance-A 10:30 Tai Chi-A 3:00 Fitness Fun w/ Kristina-AR	14 8:30 Water Fitness-P 2:30 Stretch-A	15 9:30 Posture & Balance-A 1:30 Gentle Yoga- A 2:00 Get Up & Dance-A	16 Club Open 8am-12pm Family Swim 9am-11:30am
17	18 9:30 Posture & Balance-A 10:30 Tai Chi-A 2:15 Reflections	19 8:30 Water Fitness-P 2:30 Strength-A 3:00 Drum Fitness-A	20 <b>Discover Wellness w/ The Club at Shorewood Event 10am-12pm</b> 9:30 Posture & Balance-A 3:00 Fitness Fun w/ Kristina-AR	21 8:30 Water Fitness-P 2:30 Stretch-A	22 9:30 Posture & Balance-A 1:30 Gentle Yoga- A 2:00 Get Up & Dance-A	23 Club Open 8am-12pm Family Swim 9am-11:30am
24	25 9:30 Posture & Balance-A 10:30 Tai Chi-A 2:15 Reflections	26 8:30 Water Fitness-P 2:30 Strength-A 3:00 Drum Fitness-A	27 9:30 Posture & Balance-A 10:30 Tai Chi-A 3:00 Fitness Fun w/ Kristina-AR	28 8:30 Water Fitness-P 2:30 Stretch-A		



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## CLASS DESCRIPTIONS

**Gentle Yoga Fridays 1:30 pm** Relax your body from head to toe to improve flexibility and overall health, focusing on relieving the aches and pains of joints. *DVD.*

**Posture & Balance Mondays & Wednesday & Fridays 9:30 am** Increase your overall strength and flexibility through a variety of exercises designed for a whole body workout.

**Water Fitness Tuesdays & Thursdays 8:30 am** Dive into this introductory aqua fitness class. Build cardiovascular fitness and strength in this fun, fast paced class that is easy on joints yet challenging.

**Tai Chi Mondays & Wednesday 10:30 am** Discover improved balance, strength, flexibility, and mobility with gentle therapeutic Tai Chi-inspired exercise from premier Tai Chi expert Scott Cole. This class is a DVD.

### **Strength Class – Tuesday 2:30 pm**

Are you interested in using the strength machines the Club has to offer, or not sure how to safely lift weights without injuring yourself? Come to our NEW Strength class to get a good workout using your muscles without any pain!

### **Stretch Class – Thursdays 2:30 pm**

Are you interested in stretching some of those tight muscles? The Club staff can show you some ways to ease those tight muscles out of your body. Come to our NEW Stretch class to get a good stretch.

### **Drum Fitness – Tuesdays 3:00 pm LIMIT 6**

Drum Fitness is a workout for your body AND your brain, while you move to the beat that you create while drumming! This whole body workout incorporates both cardio and toning, and is designed to be either low, mid or high impact- you decide how hard you work! Using provided drum sticks and an exercise ball.

### **Get up and Dance – Fridays 2:00 pm \*NEW**

Come join Club staff in this introductory class filled with dancing to the beat!

- **The Club's Hours:**
- **Monday/Wednesday/ Fridays 7:00 am–4:00 pm**
- **Tuesday/ Thursday 7:00 am-7:00 pm**
- **Saturdays 8am-12pm**
- **\*Closed Holidays/Sundays**

**PROMOTING WELLNESS FOR A VIBRANT LIFE**

**February is National Heart Health Month!** Heart disease is the leading cause of death for men and women in the United States. Heart disease can be prevented by making healthy choices and managing your health. Keep your heart healthy by:

- **Controlling your cholesterol and blood pressure**
- **Eating a variety of healthy foods.** Eating a varied diet will help with your weight, blood pressure and cholesterol.
- **Engaging in physical activity.** It is never too late to start exercising and get the benefits!
- **Staying at a healthy weight** reduces the risk of heart disease and other health problems.
- **Quitting smoking.** Being smoke free is the best thing you can do to protect your heart.
- **Drinking alcohol in moderation**
- **Managing your mental health.** Having a good social life with family and friends helps!



PHYSICAL



EMOTIONAL



SPIRITUAL



ENVIRONMENTAL



INTELLECTUAL



OCCUPATIONAL



SOCIAL