

 <p>Hours of Operation <u>Monday/Wednesday/Friday</u> 7:00am-4:00pm <u>Tuesday/Thursday</u> 7:00am-7:00pm <u>Saturdays</u> 8:00 am—12:00 pm <u>Sundays & Holidays: CLOSED</u> <u>Family Swim:</u> Monday-Friday 2:00-3:30pm Saturday 9:00am-11:30am</p>		SUN	MON	TUES	WED	THURS	FRI	SAT
		<p>FRONT DESK PHONE: 507-536-3222</p> <p>Kristina Wobig, Wellness Coordinator kwobig@shorewoodcampus.com</p>				1 <i>Club closed</i> <i>Happy New Year</i>	2 8:30 Water Fitness-P 9:30 Posture & Balance-A 10:30 Tai Chi-A	3 8:30 Water Fitness-P 2:30 Stretch-A
6	7 8:30 Water Fitness-P 9:30 Posture & Balance-A 10:30 Tai Chi-A 2:15 Reflections					8 8:30 Water Fitness-P 2:30 Strength-A 3:00 Drum Fitness-A	9 8:30 Water Fitness-P 9:30 Posture & Balance-A 10:30 Tai Chi-A	10 8:30 Water Fitness-P 2:30 Stretch-A
<p>Location Key: A - Aerobics Room P - Pool</p>		13	14 8:30 Water Fitness-P 9:30 Posture & Balance-A 10:30 Tai Chi-A 2:15 Reflections	15 8:30 Water Fitness-P 2:30 Strength-A 3:00 Drum Fitness-A	16 8:30 Water Fitness-P 9:30 Posture & Balance-A 10:30 Tai Chi-A	17 8:30 Water Fitness-P 2:30 Stretch-A Club Closes at 4:00pm	18 8:30 Water Fitness-P 9:30 Posture & Balance-A 1:30 Gentle Yoga- A	19 Club Open 8am-12pm Family Swim 9am-11:30am
		20	21 8:30 Water Fitness-P 9:30 Posture & Balance-A 10:30 Tai Chi-A 2:15 Reflections	22 8:30 Water Fitness-P 2:30 Strength-A 3:00 Drum Fitness-A	23 8:30 Water Fitness-P 9:30 Posture & Balance-A 10:30 Tai Chi-A	24 8:30 Water Fitness-P 2:30 Stretch-A	25 8:30 Water Fitness-P 9:30 Posture & Balance-A 1:30 Gentle Yoga- A	26 Club Open 8am-12pm Family Swim 9am-11:30am
<p>Location Key: A - Aerobics Room P - Pool</p>		27	28 8:30 Water Fitness-P 9:30 Posture & Balance-A 10:30 Tai Chi-A 2:15 Reflections	29 8:30 Water Fitness-P 2:30 Strength-A 3:00 Drum Fitness-A	30 8:30 Water Fitness-P 9:30 Posture & Balance-A 10:30 Tai Chi-A	31 8:30 Water Fitness-P 2:30 Stretch-A	<p>January 2019 </p>	



THE CLUB

At Shorewood

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 Monday-Friday 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 10:30-11:00 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.

- **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

New Years Resolutions and Staying Heathy

Want to start out the New Year right? Setting some goals for yourself can be positive way to improve your health and happiness in 2019.



Improve balance and exercise–Make it a point to join our group fitness classes.

Get a good night's sleep– If after 20 min in bed you are not sleeping , get out of bed and engage in a quiet activity.

Food choices– Eat fruits and vegetables that are rich in color. Add more whole grains to your diet. Reduce dairy to a low-fat option and limit red meat.



PHYSICAL



EMOTIONAL



SPIRITUAL



ENVIRONMENTAL



INTELLECTUAL



OCCUPATIONAL



SOCIAL