

Hours of Operation

Monday/Wednesday

7:00am-4:40pm

Tuesday/Thursday

7:00am-7:00pm

Friday

7:00am-4:00pm

Saturday

8:00am—12:00pm

Family Swim:

Monday/Wednesday/Friday

2:00pm—close

Saturday 9-11:30am

Kid swim class

9:45-10:45 Tuesday/
Wednesday

Sundays & Holidays: CLOSED

Staff contact information

Sheila Walsh

Director of Wellness

507-536-3221 *Direct Line

swalsh@shorewoodcampus.com

Natalie Kalmes

Wellness Coordinator

507-536-3222

Location Key:

A - Aerobics Room

P - Pool

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|-----|--|---|--|---|--|--|
| 1 | 2 The Club is CLOSED  | 3 9:00 Water Aerobics-P 10:00 Tai Ji Quan-A 3:15 Chair Yoga-A | 4 9:00 Posture & Balance-A 9:45 Posture & Balance-A 1:30 Fitness Fun (Commons) 3pm Wii Bowling-A 4:00 Yoga-A | 5 9:00 Water Aerobics-P 10:00 Tai Ji Quan –A 1:30 Focus (Abs and Back) –A 2:00 Chair Yoga– A | 6 9:00 Posture & Balance-A 9:45 Posture & Balance-A 3:00 Reflections | 7 Club Open 8am-12pm Family Swim 9am -11:30am |
| 8 | 9 9:00 Posture & Balance-A 9:45 Posture & Balance-A 10:30 Water Aerobics for Dementia-P 2:15 Reflections 3pm Wii Bowling | 10 9:00 Water Aerobics-P 10:00 Tai Ji Quan –A 3:15 Chair Yoga-A | 11 9:00 Posture & Balance-A 9:45 Posture & Balance-A 1:30 Fitness Fun (Commons) 3pm Wii Bowling-A 4:00 Yoga-A | 12 9:00 Water Aerobics-P 10:00 Tai Ji Quan- A 1:30 Focus (Knees and Hips) -A 2:00 Chair Yoga– A | 13 9:00 Posture & Balance-A 9:45 Posture & Balance-A 3:00 Reflections | 14 Club Open 8am-12pm Family Swim 9am -11:30am |
| 15 | 16 9:00 Posture & Balance-A 9:45 Posture & Balance-A 2:15 Reflections 3pm Wii Bowling | 17 9:00 Water Aerobics-P 10:00 Tai Ji Quan–A 3:15 Chair Yoga-A | 18 9:00 Posture & Balance-A 9:45 Posture & Balance-A 1:30 Fitness Fun (Commons) 3pm Wii Bowling-A 4:00 Yoga-A | 19 9:00 Water Aerobics-P 10:00 Tai Ji Quan–A 1:30 Focus (Shoulders and Back) - A 2:00 Chair Yoga– A | 20 9:00 Posture & Balance-A 9:45 Posture & Balance-A 3:00 Reflections | 21 Club Open 8am-12pm Family Swim 9am -11:30am |
| 22 | 23 9:00 Posture & Balance-A 9:45 Posture & Balance-A 10:30 Water Aerobics for Dementia-P 2:15 Reflections 3pm Wii Bowling | 24 9:00 Water Aerobics-P 10:00 Tai Ji Quan–A 3:15 Chair Yoga-A | 25 9:00 Posture & Balance-A 9:45 Posture & Balance-A 1:30 Fitness Fun (Commons) 3pm Wii Bowling-A 4:00 Yoga-A | 26 9:00 Water Aerobics-P 10:00 Tai Ji Quan–A 1:30 Focus (Abs and Back) –A 2:00 Chair Yoga– A | 27 9:00 Posture & Balance-A 9:45 Posture & Balance-A 3:00 Reflections | 28 Club Open 8am-12pm Family Swim 9am -11:30am |
| 29 | 30 9:00 Posture & Balance-A 9:45 Posture & Balance-A 2:15 Reflections 3pm Wii Bowling |  <h1 style="color: orange;">September 2019</h1>  | | | | |

CLASS DESCRIPTIONS

Posture & Balance Monday, Wednesday, Friday

Increase your overall strength and flexibility through a variety of exercises designed for a whole body workout.

Water Aerobics Tuesday and Thursday

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 Ji Quan: Movement for better Balance

Tuesday and Thursdays (1 hour)

Originating in martial arts, Tia Ji Quan contains elements that improve balance, strength, flexibility, reaction time, breathing, and quality of sleep. Participants may sit or stand during class, allowing people of various skill levels to participate.

Chair Yoga Tuesday and Thursday

With a range of benefits including stress reduction and increased strength, bone health, flexibility and focus, Chair Yoga is a must-try for everyone. Led by experienced yoga instructor, Sheila Walsh, participants can perform exercises while sitting in, or standing next to a chair.

Yoga Wednesday

This is a rejuvenating full yoga practice that provides participants with all the same benefits as chair yoga. Yoga challenges participants more in the area of flexibility and balance as it includes floor exercises.

Focus Thursdays

This class meets for 15 minutes each week to help members by focusing on 1 of 3 problem area to improve strength.

Wii Bowling Monday and Wednesday

Have fun bowling with friends.

Diabetes. Are you informed?

As the 7th leading cause of death in the US, diabetes is a disease that deserves to be understood by all. Even if you don't have diabetes yourself, being educated about it can help you understand what your family and friends may need to do to prevent or manage their diabetes.



Come join us for a special presentation by
Dr. Rozalina G. McCoy MD on Personalized Diabetes
Care.

When: Tuesday, September 24th
Time: 2:00 PM
Where: The Club