

THE CLUB
At Shorewood


Hours of Operation
Monday/Wednesday/Friday
7:00am-4:00pm
Tuesday, Thursday
7:00am-7:00pm
Saturdays
8:00 am—12:00 pm
Sundays & Holidays: CLOSED

Family Swim:
 Monday-Friday 1:30-3:30pm
 Saturday 9-11:30am
Rochester Swim Club in pool
 Tuesday & Wednesday
 9:30-10:30am

FRONT DESK PHONE:
507-536-3222

Sheila Walsh,
Director of Wellness
507-536-3221 *Direct Line
swalsh@shorewoodcampus.com

Location Key:
A - Aerobics Room
P - Pool

SUN	MON	TUES	WED	THURS	FRI	SAT
March 2019					1 9:30 Posture & Balance-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 10:45 Water Fitness-P	6 9:30 Posture & Balance-A	7 11:00 Water Fitness-P 2:00 Chair Yoga-A	8 9:30 Posture & Balance-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 11:00 Water Fitness-P 3pm Wii Bowling	13 LETS MOVE	14 campaign	15 9:30 Posture & Balance-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 11:00 Water Fitness-P 3pm Wii Bowling	20 9:30 Posture & Balance-A 1:30 Fitness Fun 2:30 Aqua Yoga-P LETS MOVE	21 11:00 Water Fitness-P 2:00 Chair Yoga-A campaign	22 9:30 Posture & Balance-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 11:00 Water Fitness-P 3pm Wii Bowling	27 9:30 Posture & Balance-A 1:30 Fitness Fun 2:30 Aqua Yoga-P LETS MOVE	28 11:00 Water Fitness-P 2:00 Chair Yoga-A campaign	29 9:30 Posture & Balance-A 2:00 Get Up & Dance-A	30 Club Open 8am-12pm Family Swim 9am-11:30am
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CLASS DESCRIPTIONS

Posture & Balance Monday, Wednesday, Friday 9:30 am

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

Water Fitness Tuesday, Thursday 10:45 or 11:00 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 Monday 10:30 am NEW*

Originating in martial arts, Tia Chi 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.

Get up and Dance Friday 2:00 pm

Come join Club staff in this introductory class and dance to the beat while getting fit and having fun!

Chair Yoga Thursday 2:00 pm NEW*

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.

Aqua Yoga Wednesday 2:30 pm NEW*

This New class is perfect for individuals that that enjoy, or would like to try, yoga and find relief from exercising in the water. Aqua Yoga provides participants with the opportunity to improve balance, range of motion, strength, and flexibility while having fun.

Room Key

Aerobics Room - A, Pool-P, Commons Activity Room - AR

- **The Club's Hours:**
- **Monday/Wednesday/ Friday 7:00 am—4:00 pm**
- **Tuesday/ Thursday 7:00 am-7:00 pm**
- **Saturday 8am-12pm**
- ***Closed Holidays/Sundays**

PROMOTING WELLNESS FOR A VIBRANT LIFE

Sheila Walsh, had the wonderful opportunity to live with her grandfather while attending college at RCTC, an experience that helped her connect with the older population. After graduating with her bachelors from Winona State University Sheila interned with Mayo Clinic's Cardiac Rehab before moving to Iowa.



As a wellness professional, Sheila spent 10 years as an Exercise Physiologist at a County Medical Center. In this roll she taught classes, assisted in Cardiac Rehab, created an Employee Wellness Program, ran/taught American Heart Association CPR, and educated the community about wellness. She is proud to be a certified ACSM Exercise Physiologist, NSHC Health Coach, AHA instructor, Yoga instructor, and Tai Ji Quan instructor.

Sheila enjoys cooking, quilting, camping, and water skiing. Her greatest joy comes from being married to her wonderful husband and being with her sons Nathaniel 4 and Alexander 2.

Under Sheila's direction, Shorewood is looking forward to limitless growth opportunities in The Club with new classes, personal training, coaching, wellness assessments and maintenance programs.