






Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:15 Splash-n-Shape - P 9:45 Thera Band -AS 11:00 Be-Fit—WC 1:30 Thera Band—AS	2 9:45 Beginner Chair Yoga -AS 11:00 Be Fit—WC 1:30 Intermediate Chair Yoga -AS	3 9:15 Splash-n-Shape—P 9:45 Better Balance -AS 11:00 Be Fit—WC 1:30 Better Balance - AS	4 9:15 Splash-n-Shape -P 9:45 Chair Aerobics-AS 11:00 Be Fit— WC 1:30 Chair Aerobics -AS	5
6 Closed	7 9:45 Beginner Chair Yoga—AS 11:00 Be Fit—WC 1:30 Intermediate Chair Yoga -AS	8 9:15 Splash-n-Shape -P 9:45 Thera Band -AS 11:00 Be Fit— WC 1:30 Thera Band -AS	9 9:45 Beginner Chair Yoga -AS 11:00 Be Fit—WC 1:30 Intermediate Chair Yoga -AS	10 9:15 Splash-n-Shape -P 9:45 Better Balance-AS 11:00 Be Fit—WC 1:30 Better Balance - AS	11 9:15 Splash-n-Shape- P 9:45 Chair Aerobics-AS 11:00 Be Fit—WC 1:30 Chair Aerobics -AS	12
13 Closed	14 Longest Day Event Raffle Opens 10: 00 AM Front Lobby	15 Longest Day Event NuStep Challenge 8:00 AM– 4:00 PM— Great Room	16 Longest Day Event Guest Speaker 1:00 PM –PR	17 Longest Day Event Carnival 11:00 AM-3:00 PM Back Yard	18 9:15 Splash-n-Shape -P 9:45 Chair Aerobics—AS 11:00 Be Fit—WC 1:30 Chair Aerobics—AS	19
20 	21 9:45 Beginner Chair Yoga—AS 11:00 Be Fit—WC 1:30 Intermediate Chair Yoga -AS	22 9:15 Splash-n-Shape -P 9:45 Thera Band -AS 11:00 Be Fit —WC 1:30 Thera Band -AS	23 9:45 Beginner Chair Yoga -AS 11:00 Be Fit—WC 1:30 Intermediate Chair Yoga -AS	24 9:15 Splash-n-Shape -P 9:45 Better Balance -AS 11:00 Be Fit —WC 1:30 Better Balance -AS	25 9:15 Splash-n-Shape -P 9:45 Chair Aerobics -AS 11:00 Be Fit—WC 1:30 Chair Aerobics-AS	26
27 Closed	28 9:45 Beginner Chair Yoga—AS 11:00 Be Fit - WC 1:30 Intermediate Chair Yoga -AS	29 9:15 Splash-n-Shape -P 9:45 Thera Band - AS 11:00 Be Fit —WC 1:30 Thera Band - AS	30 9:45 Beginner Chair Yoga -AS 11:00 Be Fit -WC 1:30 Intermediate Chair Yoga -AS	<div style="border: 1px solid gray; padding: 5px;"> <p style="text-align: center;">The Club Hours</p> <ul style="list-style-type: none">  Monday—Friday 8:00 AM– 5:00 PM  Saturday 9:00 AM — 2:30 PM </div>		

CLASS DESCRIPTIONS

BeFit - WC Monday—Friday 11:00 AM—12:00 PM

Do you feel unsure about your exercise program, making adjustments to the equipment or even struggling with remembering what to do and where? BeFit is a reserved gym time where staff are available to help you complete your exercise program.

Better Balance— AS Thursday 9:45– 10:15 Beginner & 1:30-2:00 Intermediate

A class specifically developed to improve balance through strengthening , balance challenges and brain challenges. Great for those with neuropathy, decreased sensations and those who desire to decrease their fall risk.

Chair Yoga- AS Monday & Wednesday 9:45-10:30 AM Beginner

A class that incorporates basic Yoga postures developing strength, flexibility, balance, mindfulness, breath control and range of motion. Postures will involve sitting and standing all while using a chair as a prop when necessary.

Intermediate Chair Yoga—AS Monday & Wednesday 1:30-2:15 PM

This class incorporates basic Yoga postures developing strength, flexibility, balance, mindfulness, breath control and range of motion. Postures will involve more standing all while using a chair as a prop when necessary.

Chair Aerobics—AS Friday 9:45– 10:15 AM Beginner & 1:30– 2:00 PM Intermediate

This class is for those who want to improve their cardiovascular health. Fun, upbeat, seated “dance moves” to help you work your hips, legs, and arms.

Splash—N—Shape—P Tuesday, Thursday, Friday 9:15-10:00 AM

Move your body from head to toe to improve flexibility, balance, strength, and overall health using principles of water resistance and buoyancy to reduce stress on joints. Class may include partner activities with a focus on slower range of motion movements.

Thera Band Strength— AS Tuesday 9:45-10:15 AM Beginner & 1:30-2:00 PM Intermediate

Class uses TheraBand through a series of strength training exercises to help increase muscle strength and bone health. Please bring your TheraBand.

ROOM KEY

Aerobics Studio—AS Wellness Center—WC Pool—P Performance Room —PR
Game Room —GR Chapel —C Court Yard —CY Great Room —GR

GETTING STARTED

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. Stop in or call The Club at x1758 or 763-955-1758 to schedule your appointment.

ADDITIONAL 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. \$36.00 for 30-min.

HydroWorx (by appointment)

Make gains in mobility and/or fitness with less stress on joints during private training sessions in the HydroWorx pool. Discover how exercise in water leads to decreased

MASSAGE THERAPY—Coming Soon

Stop by The Club and add your name to the interest list

THERAPY SERVICES

St Therese Rehabilitation/Ascend Rehab

Home Health Care, Aquatic, Physical, Occupational and Speech Therapies

O: 763-531-5420 C: 612.268.8752

(residents only at this time)

Park Nicollet Clinic —On hold currently

Aquatic Therapy (by appointment)

O: 952.993.5900

Angela Kalkbrenner Director of Wellness 763-955-1759

Aaron Erickson, Wellness Coordinator 763-955-1758

Sandi McCarthy, Wellness Coordinator 763-955-1758

Questions? Email: theclub@silvercreekonmain.com



PHYSICAL



EMOTIONAL



SPIRITUAL



ENVIRONMENTAL



INTELLECTUAL



OCCUPATIONAL



SOCIAL

