




Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div style="border: 2px solid red; padding: 5px;"> <p>The Club Hours</p> <p>Monday—Friday 8:00 AM– 4:00 PM</p> <p>Saturday CLOSED</p> <p>Sunday CLOSED</p> </div>				<p>1</p> <p>9:15 Splash-n-Shape -P</p> <p>11:00 Be Fit— WC</p>	<p>2 Closed</p> <p>9:45 Walk with Ease—WC—Self Guided</p>
<p>3</p> <p>Closed</p>	<p>4 CLOSED</p> 	<p>5</p> <p>9:15 Splash-n-Shape</p> <p>11:00 Be Fit— WC</p>	<p>6</p> <p>9:45 Beginner Chair Yoga -AS</p> <p>9:45 Walk with Ease—WC—Self Guided</p> <p>11:00 Be Fit—WC</p> <p>1:30 Intermediate Chair Yoga -AS</p>	<p>7</p> <p>9:45 Beginner Better Balance-AS</p> <p>11:00 Be Fit—WC</p> <p>1:30 Intermediate Better Balance - AS</p>	<p>8</p> <p>9:15 Splash-N-Shape</p> <p>11:00 Be Fit—WC</p>	<p>9 Closed</p> <p>9:45 Walk with Ease—WC—Self Guided</p>
<p>10</p> <p>Closed</p>	<p>11</p> <p>9:45 Beginner Chair Yoga—AS</p> <p>11:00 Be Fit—WC</p> <p>1:30 Intermediate Chair Yoga -AS</p>	<p>12</p> <p>9:15 Splash-n-Shape</p> <p>11:00 Be Fit— WC</p>	<p>13</p> <p>9:45 Beginner Chair Yoga -AS</p> <p>9:45 Walk with Ease—WC—New Group Begins</p> <p>11:00 Be Fit—WC</p> <p>1:30 Intermediate Chair Yoga -AS</p>	<p>14</p> <p>9:45 Beginner Better Balance-AS</p> <p>11:00 Be Fit—WC</p> <p>1:30 Intermediate Better Balance - AS</p>	<p>15</p> <p>9:15 Splash-n-Shape -P</p> <p>11:00 Be Fit—WC</p>	<p>16 Closed</p> <p>9:45 Walk with Ease—WC</p>
<p>17</p> <p>Closed</p>	<p>18</p> <p>9:45 Beginner Chair Yoga—AS</p> <p>11:00 Be Fit—WC</p> <p>1:30 Intermediate Chair Yoga -AS</p>	<p>19</p> <p>9:15 Splash-n-Shape</p> <p>11:00 Be Fit —WC</p>	<p>20</p> <p>9:45 Beginner Chair Yoga -AS</p> <p>9:45 Walk with Ease—WC-</p> <p>11:00 Be Fit—WC</p>	<p>21</p> <p>9:45 Beginner Better Balance-AS</p> <p>11:00 Be Fit—WC</p> <p>1:30 Intermediate Better Balance - AS</p>	<p>22</p> <p>9:15 Splash-n-Shape -P</p> <p>11:00 Be Fit—WC</p>	<p>23 Closed</p> <p>9:45 Walk with Ease—WC— Self Guided</p>
<p>24</p> <p>Closed</p>	<p>25</p> <p>9:45 Beginner Chair Yoga—AS</p> <p>11:00 Be Fit—WC</p> <p>1:30 Intermediate Chair Yoga -AS</p>	<p>26</p> <p>9:15 Splash-n-Shape</p> <p>11:00 Be Fit —WC</p>	<p>27</p> <p>9:45 Beginner Chair Yoga -AS</p> <p>9:45 Walk with Ease—WC</p> <p>11:00 Be Fit—WC</p> <p>1:30 Intermediate Chair Yoga -AS</p>	<p>28</p> <p>9:45 Beginner Better Balance-AS</p> <p>11:00 Be Fit—WC</p> <p>1:30 intermediate Better Balance - AS</p>	<p>29</p> <p>9:15 Splash-n-Shape -P</p> <p>11:00 Be Fit—WC</p>	<p>30</p> <p>9:45 Walk with Ease—WC— Self Guided</p>
<p>31</p> <p>Closed</p>						

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.

Beginner Better Balance— AS Thursday 9:45 – 10:15 AM

A class specifically developed to improve balance through core work, strengthening, balance challenges and brain challenges. Great for those with neuropathy, decreased sensations and those who desire to decrease their fall risk. A chair may be used for support.

Intermediate Better Balance— AS Thursday 1:30 —2:00 PM

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

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

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.

Splash—N—Shape—P Tuesday & 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.

**[New Walk With Ease Group Starting July 13—
Join us for fun, encouragement , exercise](#)**

Walk With Ease —WC Wednesday & Saturday 9:45 - 10:15 AM *New Group Starting July 13*

Reduce pain, improve overall health, learn safety tips, be motivated with this walking program. If you can be on your feet for 10 minutes even with a cane or walker you may participate.

ROOM KEY

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



PHYSICAL



EMOTIONAL



SPIRITUAL



ENVIRONMENTAL



INTELLECTUAL



OCCUPATIONAL



SOCIAL

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 swelling, soreness and pain while improving balance, strength and cardiovascular endurance. Call for pricing and package options.

MASSAGE THERAPY—First and Third Wednesday & Thursday of the Month

To schedule a massage call 763-493-7033

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

Aquatic Therapy (by appointment)

O: 952.993.5900

Angela Kalkbrenner Director of Wellness 763-955-1759

Sam Wallace Wellness Coordinator 763-955-1758

Questions? Email: theclub@silvercreekonmain.com

