



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div style="border: 2px solid blue; padding: 5px;"> <p style="text-align: center;">The Club Hours</p> <p>Monday 8:00 AM-7:00PM***<b>New Hours</b></p> <p>Tuesday—Thursday 8:00 AM– 5:00 PM</p> <p>Friday—8:00 AM- 4:00 PM</p> <p>Saturday—9:00 AM—2:00 PM</p> <p>Sunday—Closed</p> </div>			1 9:15 Splash-n-Shape -P 9:45 Better Balance-AS 10:30 Be Fit—WC 1:00 Better Balance - AS	2 9:15 Splash-n-Shape -P 10:30 Be Fit—WC 10:30Ball Drumming –AS	3 9:45 Walk With Ease — WC
4 Closed	5 9:45 Beginner Chair Yoga—AS 10:30 Be Fit—WC 1:00 Intermediate Chair Yoga - AS	6 9:15 Splash-n-Shape -P 9:45 Boxing—AS 10:30 Be Fit– WC	7 9:45 Beginner Chair Yoga -AS 9:45 Walk with Ease—WC 10:30 Be Fit—WC 1:00 Intermediate Chair Yoga -AS	8 9:15 Splash-n-Shape -P 9:45 Better Balance-AS 10:30 Be Fit—WC 1:00 Better Balance - AS	9 9:15 Splash-n-Shape -P 10:30 Be Fit—WC 10:30Ball Drumming –AS	10 9:45 Walk With Ease — WC
11 Closed	12 9:45 Beginner Chair Yoga—AS 10:30 Be Fit—WC 1:00 Intermediate Chair Yoga - AS	13 9:15 Splash-n-Shape -P 9:45 Boxing– AS 10:30 Be Fit– WC	<b>14 Valentine's Day</b> 9:45 Beginner Chair Yoga -AS 9:45 Walk with Ease—WC 10:30 Be Fit—WC 1:00 Intermediate Chair Yoga -AS	15 9:15 Splash-n-Shape -P 9:45 Better Balance-AS 10:30 Be Fit—WC 1:00 Better Balance - AS	16 9:15 Splash-n-Shape -P 10:30 Be Fit—WC 10:30Ball Drumming –AS	17 9:45 Walk with Ease—WC
18 Closed	19 9:45 Beginner Chair Yoga—AS 10:30 Be Fit—WC 1:00 Intermediate Chair Yoga - AS	20 9:15 Splash-n-Shape -P 9:45 Boxing– AS 10:30 Be Fit– WC <b>3:00 PM Healthy Heart Food Demo</b>	21 9:45 Beginner Chair Yoga -AS 9:45 Walk with Ease—WC 10:30 Be Fit—WC 1:00 Intermediate Chair Yoga -AS	22 9:15 Splash-n-Shape -P 9:45 Better Balance-AS 10:30 Be Fit—WC	23 9:15 Splash-n-Shape -P 10:30 Be Fit—WC 10:30Ball Drumming –AS	24 9:45 Walk with Ease—WC
25 Closed	26 9:45 Beginner Chair Yoga—AS 10:30 Be Fit—WC 1:00 Intermediate Chair Yoga - AS	27 9:15 Splash-n-Shape -P 9:45 Boxing– AS 10:30 Be Fit– WC	28 9:45 Beginner Chair Yoga -AS 9:45 Walk with Ease—WC 10:30 Be Fit—WC 1:00 Intermediate Chair Yoga -AS	29 9:15 Splash-n-Shape -P 9:45 Better Balance-AS 10:30 Be Fit—WC		

## CLASS DESCRIPTIONS

### **BeFit - WC Monday—Friday 10:30 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, decrease sensations and who desire to decrease their fall risk. A chair may be used for support.

### **Intermediate Better Balance— AS Thursday 1:00-1:30 PM**

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

### **Boxing for Fitness— AS Tuesday 9:45-10:15 AM**

Use boxing moves to increase strength, agility, balance, hand-eye coordination, cognitive processing and more. Ideal for Parkinson's or other Neurological issues. Class can be done seated or standing, Boxing gloves are required.— Check with Wellness staff for options

### **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 1:00– 1:45 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.

### **Drumming—AS Friday 10:30 AM**

Drumming combines the benefits of physical exercise with the benefits of music making. Using drumsticks and large exercise balls. No prior drumming experience necessary, and it can be done seated or standing.

### **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.

### **Walk With Ease —WC Wednesday & Saturday 9:45-10:15 AM**

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.

### **Family Swim Time—P Monday 4:00-6:30 PM & Saturdays 10:30 AM—1:00 PM**

Bring the family and enjoy the pool. Children must be supervised by an adult. Resident must be present with swimmers. Potty trained or swim diapers require on little ones. No Lifeguard

## ROOM KEY

Aerobics Studio—AS

Wellness Center—WC

Pool—P

Performance Room —PR



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 evaluation 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. \$40.00 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—Every Other Friday and Saturday

To schedule a massage call 612.268.8752

## 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

**Deb Bray** Wellness Coordinator 763-955-1758

**Questions? Email:** [theclub@silvercreekonmain.com](mailto:theclub@silvercreekonmain.com)