





Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p style="text-align: center;"> The Club Hours Monday & Wednesday 8:00 AM-6:30 PM Tuesday & Thursday 8:00 AM– 5:00 PM Friday—8:00 AM– 5:30 PM Saturday—9:00 AM—2:00 PM Sunday—Closed POOL CLOSERS 30 MINUTES BEFORE CLUB </p>				1 9:15 Splash-N-Shape 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	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 Walk with Ease—WC 9:45 Beginner Chair Yoga -AS 10:30 Be Fit—WC 1:00 Intermediate Chair Yoga-AS	8 9:15 Splash-N-Shape 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 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	14 9:45 Walk with Ease—WC 9:45 Beginner Chair Yoga -AS 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	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 2:00 Meditation—Den	20 9:15 Splash-n-Shape -P 9:45 Boxing— AS 10:30 Be Fit —WC	21 9:45 Walk with Ease—WC 9:45 Beginner Chair Yoga-AS 10:30 Be Fit—WC 1:00 Intermediate Chair Yoga	22 9:15 Splash-n-Shape -P 9:45 Better Balance-AS 10:30 Be Fit—WC 1:00 Better Balance	23 9:15 Splash-n-Shape -P 10:30 Be Fit—WC	24 9:45 Walk with Ease— WC	
25 Closed	26 CLOSED 	27 9:15 Splash-n-Shape -P 9:45 Boxing— AS 10:30 Be Fit —WC	28 9:45 Walk with Ease—WC 9:45 Beginner Chair Yoga -AS 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 1:00 Better Balance	30 9:15 Splash-n-Shape -P 10:30 Be Fit—WC	31 9:45 Walk with Ease— 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.

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

Guided Meditation—Den Courtyard 2:00 PM Third Monday

Guided Meditation is a simple way to practice mindfulness with a little extra help. Great for beginners who might struggle to quiet your thoughts. Gentle guidance helps you keep ground and present. Eases stress and anxiety.

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. \$38.00 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 Saturday

To schedule a massage call 612.268.8752

THERAPY SERVICES

Ascend Rehab

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

O: 763-531-5420 C: 612.268.8752

(residents only at this time)

Angela Kalkbrenner Director of Wellness 763-955-1759

Deb Bray Wellness Coordinator 763-955-1758

Carter Bursch Wellness Coordinator 763-955-1758

Questions? Email: theclub@silvercreekonmain.com