


The Club at Parkshore - December 2018

| Sun Closed | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|--|--|---|--|--|---|
| |  | | | | | 1 11:00-12:00 Arthritis Video (TR) |
| 2 Closed | 3 9:00-9:30 Strength & Balance** (intermediate) (CR) 9:45-10:30 Splash n' Shape (PCP) 10:30-11:00 Ai Chi (PCP) 11:00-11:30 Actively Seated (COM) 12:30-1:00 Balance Class (CR) 1:15-1:45 Dance Class (COM) | 4 9:00-9:40 Movement Matters (CR) 9:45-10:30 Movement Matters (CR) 11:00-11:30 Actively Seated (COM) 1:15-2:00 Arthritis Pool Class (PCP) 2:15-3:00 Mat Yoga (CR) | 5 9:00-9:30 Balance Class (CR) 9:45-10:30 Splash n' Shape (PCP) 11:00-11:30 Actively Seated (COM) 2:30-3:00 Seated Dance (CR) | 6 9:00-9:40 Movement Matters (CR) 9:45-10:30 Movement Matters (CR) 11:00-11:30 Actively Seated (COM) 1:15-2:00 Arthritis Pool Class (PCP) | 7 9:00-9:30 Strength & Balance** (intermediate) (CR) 9:45-10:15 Aqua Zumba** (intermediate) (PCP) 11:00-11:30 Actively Seated (COM) 1:00-1:45 Chair Yoga (CR) | 8 11:00-12:00 Arthritis Video (TR) |
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| 23/30 Closed | 24/31 9:00-9:30 Strength & Balance** 9:45-10:30 Splash n' Shape (PCP) 10:30-11:00 Ai Chi (PCP) 11:00-11:30 Actively Seated (COM) Christmas Eve club closes at 1 pm New Year's Eve Club closes at 3 pm | 25 Merry Christmas! The club is closed | 26 9:00-9:30 Balance Class (CR) 9:45-10:30 Splash n' Shape (PCP) 11:00-11:30 Actively Seated (COM) 2:30-3:00 Seated Dance (CR) | 27 9:00-9:40 Movement Matters (CR) 9:45-10:30 Movement Matters (CR) 11:00-11:30 Actively Seated (COM) 1:15-2:00 Arthritis Pool Class (PCP) | 28 9:00-9:30 Strength & Balance ** (intermediate) (CR) 9:45-10:15 Aqua Zumba** (intermediate) (PCP) 11:00-11:30 Actively Seated (COM) 1:00-1:45 Chair Yoga (CR) | 29 11:00-12:00 Arthritis Video (TR) |

NOTE: ** (intermediate) - denotes intermediate level class - see reverse for details.

Parkshore Senior Community
 3663 Park Center Blvd
 St. Louis Park MN 55416

The Club hours:
 Monday– Thursday 8:00 am– 6:00 pm
 Friday 8:00 am– 4:00 pm
 Saturday 8:00 am-12:00 pm
 Sunday Closed



**The Club
 at Parkshore
 952-848-5840**

Room Key

| | |
|--|------------------------------|
| PC -Park Club | COM -Assisted Living |
| PCP -Park Club Pool | Community Room, Garden Level |
| CR -Apartments Card Room, Garden Level | D -Dining room |
| TR -Therapy Room | ATR -Atrium |
| | TBA -To Be Announced |

Family Swim Schedule

(unless otherwise noted)

| | |
|--|---------------------------------|
| Monday-Thursday 3:30-5:00 p.m. | Friday 2:00-3:30 p.m. |
| Saturday 10-11:30a.m. | |



For the safety of your family and friends, an adult must be in the water while children are swimming. Participants of Family Swim are to be supervised by a Resident or Community Club member at all times. All participants need to respect the pool rules and other swimmers.

Therapeutic Massage with Julie Ottis

Nationally Certified in Therapeutic Massage and Body Work
 (Tues & Thurs by appointment)
 612-314-0025

Park Nicollet Pool Therapy (by appointment)
 952-993-5900

Class Descriptions:

Ai Chi: Mondays, 10:30-11:00 a.m., Park Club Pool

Relax with a progression of sequenced moves using deep breathing and slow, flowing body movements. Similar to Tai Chi, but performed in shoulder-depth warm water.

Actively Seated: Mondays, Tuesdays, Wednesdays, Fridays, 11:00-11:30 a.m., Community Room

This seated class combines gentle stretching, range of motion, strength training, and seated cardio endurance exercises.

Arthritis Exercise: Thursdays 11:00-11:30 a.m., Community Room

Gentle seated class for those with or without arthritis. Benefits can last long after the exercises are finished.

Arthritis Pool Exercise Class: Tuesdays, Thursdays, 1:15-2:00 p.m., Park Club Pool

Perfect class for those who want to start an exercise program. The class consists of basic strength, flexibility, and range of motion. No swimming skills required.

Balance Class: Mondays 12:30-1:00 p.m., Wednesdays 9:00-9:30 a.m., Card Room Classes consist of basic balance training techniques to help reprogram and strengthen the body and mind connection.

Chair Yoga: Fridays 1:00-1:45 p.m., Card Room

Gentle stretching, strengthening, and relaxation postures adapted from traditional yoga.

Dance Class:

Mondays, 1:15-1:45 pm Community Room., Seated Dance: Wednesdays, 2:30-3:00 p.m., Card Room

Combining our familiar exercises with some of your favorite upbeat songs. Come try this new class!

Mat Yoga: Tuesdays 2:15-3:00 p.m., Card Room

Exercise both mind and body and melt away stress with gentle stretches, strengthening, and relaxation poses from traditional yoga. Must be able to get up and down from the floor independently.

Movement Matters: Tuesdays and Thursday, 9:00-9:40 a.m., 9:45-10:30 a.m., Card Room

This class consists of basic cardio, strength, flexibility, and range of motion exercises.

Splash 'n Shape: Mondays and Wednesday, 9:45-10:30 a.m., Park Club Pool

Splash 'n Shape features gentle range of motion and stretching exercises as well as balance and endurance work.

Strength & Balance (intermediate level class): Mondays & Fridays, 9:00-9:30 a.m., Card Room

Challenge your balance and increase your strength through the use of dumbbells and body weight for a stronger, sturdier you!

Aqua Zumba (intermediate level class): Fridays, 9:45-10:15 a.m., Park Club Pool

Much like Water Aerobics, focuses is on cardio movements that get the heart rate up while dancing to music. Typical dance moves done at regular Zumba pace need to be exaggerated and slower in the water, so tempo is half as fast.

Due to the holidays, there are several schedule changes. Please refer to The Club calendar for cancellations.