





# Jan. 2026 Brookridge Wellness Calendar



| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday                                   |
|---|--|---|--|---|---|--|
| <b>Class Locator</b><br>WS = Wellness Studio<br>FA= Feezor Auditorium<br>P = Pool<br>L = Lobby<br>Ch = Chapel<br>* Indicates advanced level classes |                         |   |   | 1<br><i>Massage by appt</i><br>9am *PowerBall<br>10am Swim with friends—P<br>1:30pm Chair Exercise<br>2pm *Mat Yoga—WS                              | 2<br>9am Stretcherize<br>10am AquaFit—P<br>1:30pm QiGong/Tai Chi<br>2pm Cornhole<br>4pm Community Chat—L                              | 3<br>10am Water walking<br>(Resident led)  |
| 4<br>10:15am College Park Church Pickup<br>11am First on Fifth Live Stream<br>6pm Vespers—FA  | 5<br>9am Stretcherize<br>10am AquaFit—P<br>1:30pm Balance Class<br>2pm Cornhole<br>4:15pm Meditation—WS  | 6<br><i>Massage by appt</i><br>9am *PowerBall<br>10am AquaFit—P<br><del>10:15am Walking Club</del><br>(resumes in warmer weather)<br>1:30pm Chair Exercise<br>2:00pm *Mat Yoga—WS | 7 <i>Massage by appt</i><br>9-12 IL Clinic—6th floor<br>9am Stretcherize<br>10am Swim with friends—P<br>10:30am Memorial Service<br>11:30am Beat the Winter Blues (with Sumner & Dana)<br>1:30pm Balance Class<br>2pm Cornhole | 8 <i>Massage by appt</i><br>9am *PowerBall<br>10am AquaFit—P<br>1:30pm Chair Exercise<br>2pm *Mat Yoga—WS<br>6:30pm Elite Canine Dog Visits—WS      | 9<br>9am Stretcherize<br>10am AquaFit—P<br>1:30pm QiGong/Tai Chi<br>2pm Cardio Drum w/Tiffany<br>4pm Community Chat—L                 | 10<br>10am Water walking<br>(Resident led) |
| 11<br>10:15am College Park Church Pickup<br>11am First on Fifth Live Stream<br>6pm Vespers—FA   | 12<br>9am Stretcherize<br>10am AquaFit—P<br>1:30pm Balance Class<br>2pm Cornhole<br>4:15pm Meditation—WS | 13<br><i>Massage by appt</i><br>9am *PowerBall<br>10am AquaFit—P<br>1:30pm Chair Exercise<br>2:00pm *Mat Yoga—WS  | 14<br><i>Massage by appt</i><br>9-12 IL Clinic—6th floor<br>9am Stretcherize<br>10am Aqua Fit—P<br>1:30pm Balance Class<br>2pm Bible Study—WS  | 15<br><i>Massage by appt</i><br>9am *PowerBall<br>10am Swim with friends—P<br>11am Alzheimer's Talk—FA<br>1:30pm Chair Exercise<br>2pm *Mat Yoga—WS | 16<br>9am Stretcherize<br>10am AquaFit—P<br>1:30pm QiGong/Tai Chi<br>2pm Cornhole<br>4pm Community Chat—L                             | 17<br>10am Water walking<br>(Resident led) |
| 18<br>10:15am College Park Church Pickup<br>11am First on Fifth Live Stream<br>6pm Vespers—FA   | 19<br>9am Stretcherize<br>10am AquaFit—P<br>1:30pm Balance Class<br>2pm Cornhole<br>4:15pm Meditation—WS | 20<br><i>Massage by appt</i><br>9am *PowerBall<br>10am AquaFit—P<br>1:30pm Chair Exercise<br>2:00pm *Mat Yoga—WS<br>3:30pm Town Hall  | 21 <i>Massage by appt</i><br>9-12 IL Clinic—6th floor<br>9am Stretcherize<br>10am Swim with friends—P<br>1:30pm Balance Class<br>2pm Brain Health Presentation w/Amy & Julie, Functional Pathways-FA                           | 22<br><i>Massage by appt</i><br>9am *PowerBall<br>10am AquaFit—P<br>1:30pm Chair Exercise<br>2pm *Mat Yoga—WS                                       | 23<br>9am Stretcherize<br>10am AquaFit—P<br>1:30pm QiGong/Tai Chi<br>2pm Cardio Drum w/Tiffany<br>4pm Community Chat—L                | 24<br>10am Water walking<br>(Resident led) |
| 25<br>10:15am College Park Church Pickup<br>11am First on Fifth Live Stream<br>6pm Vespers—FA   | 26<br>9am Stretcherize<br>10am AquaFit—P<br>1:30pm Balance Class<br>2pm Cornhole<br>4:15pm Meditation—WS | 27<br><i>Massage by appt</i><br>9am *PowerBall<br>10am AquaFit—P<br>1:30pm Chair Exercise<br>2:00pm *Mat Yoga—WS  | 28<br><i>Massage by appt</i><br>9-12 IL Clinic—6th floor<br>9am Stretcherize<br>10am Aqua Fit—P<br>1:30pm Balance Class<br>2pm Bible Study—WS  | 29<br><i>Massage by appt</i><br>9am *PowerBall<br>10am Swim with friends—P<br>1:30pm Chair Exercise<br>2pm *Mat Yoga—WS                             | 30<br>9am Stretcherize<br>10am Swim with friends—P<br>1:30pm QiGong/Tai Chi<br>2pm Cornhole<br>(Resident led)<br>4pm Community Chat—L | 31<br>10am Water walking<br>(Resident led) |