

April 2026

Brookridge Wellness

Stress Mgt. Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9am Stretchercize—FA 1pm Balance & Stretch—FA 2pm **Air Boxing—FA	2 9:30am *PowerBall 1pm Wellness Committee 1:30pm Chair Exercise 2:30pm *Mat Yoga—WS 6:30pm Elite Canine Dog Visits—WS	3 Good Friday 9am Stretchercize 1pm Tai Chi & Meditation 2pm Cornhole	4 <u>Announcements</u> Pool is temporarily closed. :(
5 EASTER SUNDAY 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	6 Easter Monday 9am Stretchercize—FA 1pm Balance & Stretch 2pm Cornhole—FA (Resident led)	7 9:30am **PowerBall—FA 10:15am On-campus walk (meet at Front Desk) 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS	8 9am Stretchercize—FA 10:30am Memorial Service 1pm Balance Class—FA 2pm Bible Study—WS 2pm **Air Boxing—FA	9 9:30am **PowerBall—FA 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS	10 9am Stretchercize—FA 1pm Tai Chi & Meditation 2pm Cardio Drum w/ Tiffany	11 Massage by appt. Tue., Wed., Thur. Sign up in Activity Book Salon Thur./Fri. 9am—3pm Sign up w/Tammy
12 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	13 9am Stretchercize—FA 10am Wellness Visits-WS 1pm Balance & Stretch 2pm Cornhole—FA	14 9:30am **PowerBall—FA 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS	15 9am Stretchercize—FA 9:30am Podiatry Clinic—WS (by appointment) 1pm Balance & Stretch—FA 2pm **Air Boxing—FA	16 9:30am **PowerBall—FA 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS	17 9am Stretchercize 1pm Tai Chi & Meditation 2pm Cornhole	18 IL Clinic available by appt. Wednesdays 9am—12pm Call: 336-414-5757
19 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	20 9am Stretchercize—FA 10am Wellness Visits-WS 1pm Balance & Stretch 2pm Cornhole—FA	21 9:30am **PowerBall—FA 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS 3:30pm Town Hall	22 9am Stretchercize 1pm Balance & Stretch 2pm Bible Study—WS 3pm Stress-relief Massage Demo w/Sumner & Lawton + fun w/KnitWits & Bookies.	23 9:30am **PowerBall—FA *Mary Mikels Setup 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS 3pm Mary Mikels—FA	24 9am Stretchercize 1pm Tai Chi & Meditation 2pm Cardio Drum w/ Tiffany	25 BROOKRIDGE SPONSORING: 10th Annual WS Humane Society Mutt Strut, 9am Tanglewood Park *Must register.
26 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	27 9am Stretchercize—FA 10am Wellness Visits-WS 1pm Balance & Stretch 2pm Cornhole—FA	28 9:30am **PowerBall—FA 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS	29 9am Stretchercize—FA 1pm Balance & Stretch—FA 2pm **Air Boxing—FA	30 9:30am **PowerBall—FA 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS		
						<u>Class Locator</u> WS = Wellness Studio FA= Feezor Auditorium ** Indicates high impact or advanced