



May 2026

Brookridge Wellness

Women's Health



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Class information subject to change.</i></p>					<p>1 9am Stretcherize</p> <p>1pm Tai Chi & Meditation-WS 2pm Cornhole—WS</p>	<p>2 <u>Announcements</u> Pool is temporarily closed. :(</p>
<p>3 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA</p>	<p>4 9am Stretcherize—FA 10am On-campus walk (meet at front desk) 1pm Balance & Stretch FA 2pm Cornhole—FA</p>	<p>5 9:30am **PowerBall—FA 10:15am Walking Club @ Meadowlark Park 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS</p>	<p>6 9am Stretcherize—FA 11am Country Line Dancing —FA 1pm Balance Class—FA 2pm **Air Boxing—FA</p>	<p>7 9:30am *PowerBall 1pm Wellness Committee 1:30pm Chair Exercise 2:30pm *Mat Yoga—WS 6:30pm Elite Canine Dog Visits—WS</p>	<p>8 9am Stretcherize—FA 10am Country Line Dancing 1pm Tai Chi & Meditation-WS 2pm Cardio Drum w/Tiffany</p>	<p>9 Foodie Fridays Residents share recipes to be featured in our magazine.</p>
<p>10 Mother's Day 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA</p>	<p>11 RECIPES DUE 9am Stretcherize—FA 1pm Balance & Stretch FA 2pm Cornhole—FA</p>	<p>12 9:30am **PowerBall—FA 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS</p>	<p>13 9am Stretcherize—FA 1pm Balance Class—FA 2pm **Air Boxing—FA 2pm Bible Study—WS</p>	<p>14 9:30am **PowerBall—FA 10am Woof Walk @ Reynolda Park 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS</p>	<p>15 FOODIE FRIDAY 9am Stretcherize—FA 1pm Tai Chi & Meditation-WS 2pm Cornhole—WS 3pm Wine Down Country Roads—Line Dancing</p>	<p>16 Massage by appt. Tue., Wed., Thur. Sign up in Activity Book Salon Thur./Fri. 9am—3pm Sign up w/Tammy</p>
<p>17 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA</p>	<p>18 9am Stretcherize—FA 1pm Balance & Stretch FA 2pm Cornhole—FA</p>	<p>19 9:30am **PowerBall—FA 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS 3:30pm Town Hall</p>	<p>20 9am Stretcherize—FA 1pm Balance Class—FA 2pm **Air Boxing—FA 3pm Women's Health Event: with Deana Stacey, RN—L</p>	<p>21 9:30am **PowerBall—FA 10am Woof Walk @ Reynolda Park 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS</p>	<p>22 FOODIE FRIDAY 9am Stretcherize—FA 1pm Tai Chi & Meditation-WS 2pm Cardio Drum w/Tiffany</p>	<p>23 IL Clinic available by appt. Wednesdays 9am—12pm Call: 336-414-5757</p>
<p>24 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA</p>	<p>25 Memorial Day Dana out of office 9am Stretcherize—FA 1pm Balance & Stretch FA 2pm Cornhole—FA</p>	<p>26 9:30am **PowerBall—FA 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS 3pm Remember & Honor—FA</p>	<p>27 9am Stretcherize—FA 1pm Balance Class—FA 2pm **Air Boxing—FA 2pm Bible Study—WS</p>	<p>28 9:30am **PowerBall—FA 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS</p>	<p>29 FOODIE FRIDAY 9am Stretcherize—FA 1pm Tai Chi & Meditation-WS 2pm Cornhole—WS</p>	<p>30 <u>Class Locator</u> WS = Wellness Studio FA= Feezor Auditorium L = Lobby ** Indicates high impact or advanced</p>