



# Septmeber 2025 Castle Town Center Fitness Calendar


Monday 1  
No Fitness




Tuesday 2  
9:00 am Balance  
9:45 am Strength  
10:30 am Pilates  
11:15 am Hands  
2:00 pm Drumming


Wednesday 3  
9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength  
**1:45 pm Aqua w/ Liz**  
2:00 pm Line Dancing

Thursday 4  
9:00 am Balance  
9:45 am Strength  
10:30 am Yoga  
11:15 am Hands  
2:00 pm Drumming


Friday 5  
9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength

Monday 8  
9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength

Tuesday 9  
9:00 am Balance  
9:45 am Strength  
10:30 am Pilates  
11:15 am Hands  
2:00 pm Drumming


Wednesday 10  
9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength  
**1:45 pm Aqua w/ Liz**  
2:00 pm Line Dancing

Thursday 11  
9:00 am Balance  
9:45 am Strength  
10:30 am Yoga  
11:15 am Hands  
2:00 pm Drumming

Friday 12  
9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength


Monday 15  
9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength

Tuesday 16  
9:00 am Balance  
9:45 am Strength  
10:30 am Pilates  
11:15 am Hands  
2:00 pm Drumming


Wednesday 17  
9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength  
**1:45 pm Aqua w/ Liz**  
2:00 pm Line Dancing

Thursday 18  
9:00 am Balance  
9:45 am Strength  
10:30 am Yoga  
11:15 am Hands  
**12:30 pm Walkers**  
2:00 pm Drumming

Friday 19  
9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength

Monday 22/29  
9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength

Tuesday 23/30  
9:00 am Balance  
9:45 am Strength  
10:30 am Pilates  
11:15 am Hands  
**12:30 pm Walkers**  
2:00 pm Drumming

Wednesday 24  
9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength  
**1:45 pm Aqua w/ Liz**  
2:00 pm Line Dancing

Thursday 25  
9:00 am Balance  
9:45 am Strength  
10:30 am Yoga  
11:15 am Hands  
**12:30 pm Walkers**  
2:00 pm Drumming

Friday 26  
9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength

Saturday 27



Starts

Wear PURPLE to class

## September Events

Aqua Fitness with Liz is now  
EVERY

Wednesdays at 1:45 pm. Dive in  
with the Peterson Meadows crew  
for a fun, energizing pool workout!

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### Step Into Wellness with the Willows Walkers

Starting September 18 — meet  
every Tuesday and Thursday at  
12:30 PM in the Castle Town Center  
lobby. Walk off lunch, boost your  
health, and enjoy good company.  
All abilities welcome—walk as little  
or as long as you like!

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Join the Wesley Willows team on  
Saturday, September 27 at  
Sportscore One Soccer Center,  
1288 Elmwood Rd, Rockford, IL.  
Registration opens at 9 AM, with a  
ceremony at 10 AM followed by the  
walk.

Help raise awareness and funds for  
Alzheimer's care, support, and  
research. Donations welcome—every  
step makes a difference!

## **Class Descriptions**

### **Aqua Fit with Liz from Peterson**

**Meadows-** Improve strength balance,  
and flexibility while being easy on the  
joints. Liz's enthusiasm for the water is  
contagious. Join her and the Peterson  
Meadows crew for a low-impact fun  
workout in the water.

**Cardio Drumming-** Come get your  
heart pumping, muscles working and  
reduce stress while having a blast  
drumming to upbeat music of the past.  
This class can be done seated or  
standing.

**Healthy Hands-** Build strength, increase  
mobility, and dexterity in your hands.  
This class will benefit those with arthritis  
and helps prolong healthy hands for  
those without arthritis.

**Line Dancing-** Dance your way into  
wellness with this resident-led class! You  
will learn basic line dances while  
improving your strength, balance, and  
coordination. No experience needed.

**Seated or Standing Pilates-** Strengthen  
your core and get your heart pumping  
with exercises based off the principles of  
Pilates. Exercises will be in a chair with  
option(s) to stand. A variety of  
equipment like hand weights and  
stability balls will be used.

### Class Information


- Held in the CTC Fitness Studio.
- 30 minutes long except Cardio  
Drumming which is 45 minutes.

**Sit & Be Fit-** Seated exercises that  
engage the whole body. This class will  
focus on strength and flexibility while  
getting your heart pumping.

**Seated or Standing Yoga-** Improve  
balance, flexibility, and strength while  
reducing stress with a gentle yoga flow.  
This class focuses on the fitness side of  
yoga, not the spiritual. Class can be done  
seated or standing.

**Strength & Mobility-** Improve your  
strength, coordination, balance, and  
mobility with exercises using free  
weights, resistance bands and body  
weight. Exercises can be done seated or  
standing.

**Strong Stability & Balance-** Looking to  
improve your balance and strength?  
Then this class is for you. This class uses a  
chair to aid in standing balance  
exercises.

 **Twinges for the Hinges-** A resident-  
led, low-impact water class that mimics  
everyday movements to help increase  
range of motion, ease arthritic pain, and  
strengthen bones and joints.