

October 2025 Castle Town Center Fitness Calendar

Class Information

- Space is limited for the **BOXING** class. Sign up with guest services.
- Classes are held in the CTC Fitness Studio.
- All classes are 30 minutes except Cardio Drumming and Boxing Fitness which are 45 minutes.

Monday 6/13

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

Tuesday 7/14

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 1

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

Thursday 2

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 3

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

Monday 20

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

Tuesday 21

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 22

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

Thursday 23

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 24

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

1st 1:00 pm Boxing

Monday 27

9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
10:30 am Strength
• **1:00 pm Boxing**

Tuesday 28

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 29

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

Thursday 30

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 31

9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
10:30 am "Frighteningly Fit" Strength
2:30 pm Halloween Party

October Events

Willows Walkers

Wesley Willows' own walking group meets every **Tuesday and Thursday at 12:30 PM** in the CTC lobby. Rain or shine, it's walking time! Walk as little or as much as you like — **it's never too late to join.**

Boxing Fitness Class

Our first Boxing class starts **Monday, October 20th!** Space is limited, so sign up with Guest Services at 6060. First come first serve. **This class is designed to COMBAT the symptoms of Parkinson's.**

Gloves are not required for first class. Recommendations for where to purchase gloves will be provided by the instructor.

Frightening Fit: Halloween Strength Class

Celebrate Halloween with a Frightening Fit strength class with the whole fitness team!

 **Friday, October 31**

 **10:30 AM**

Costumes that are workout-friendly are encouraged — come ready to move, lift, and have fun!

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.

Boxing Fitness- A fun, non-contact boxing class designed to COMBAT the symptoms of Parkinson's. Improve balance, coordination, and strength through boxing drills and functional movements in a safe, supportive setting. Great for overall wellness and especially beneficial for those managing Parkinson's. No experience needed

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.

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.