

November 2025 Castle Town Center Fitness Calendar

Monday 3

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

Tuesday 4

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 5

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 6

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 7

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

Monday 10

9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
10:30 am Strength
• **1:00 pm Boxing**
*1:00 pm Senior Olympics
with RU interns*



Tuesday 11

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 12

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 13

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 14

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

Monday 17

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

Tuesday 18

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 19

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 20

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 21

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

10:30 am



Monday 24/30

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

Tuesday 25

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 26

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~~ **CANCELLED**
2:00 pm Line Dancing

No Fitness



Friday 28

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

***Sign up with Guest
Services for Boxing Classes**

November Events

 **Join the Willows Walkers!** 
Meet us Tuesdays & Thursdays at 12:30 PM in the Town Center Lobby for fun, friends, and fresh air! 
Complete 10 sessions to earn your Bronze badge , then climb through Silver, Gold, Platinum, and Diamond.
Step up, shine on, and walk your way to the top!  

 **Senior Olympics!** 
Join us for an afternoon of fun and friendly competition as the Rockford University Interns bring us the Senior Olympics!
 **Monday, November 10**
 **1:00 PM**
 **Town Center Auditorium**
Test your skills, cheer on friends, and enjoy the spirit of community and laughter. Everyone’s a winner when you’re having fun!  

 **Turkey Trot 2025!** 
Friday, November 21 • 10:30 AM
Meet in the Town Center Lobby
Join us for a fun Thanksgiving tradition!
Walk 0.5, 1, or 2 miles outside — or stay warm on the indoor track!
  **Beat the Turkey**  for a chance to win a prize!
 **T-shirts available!**
Fun, fitness, and friendship for all!
 **After the trot, enjoy a Lunch Special in the Bistro!**

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.