

# December 2025 Castle Town Center Fitness Calendar

Monday 1st

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

Tuesday 2nd

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 3rd

*Fitness Bingo Begins*

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 4th

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 5th

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

Monday 8th & 15th

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

Tuesday 9th & 16th

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 10th & 17th

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

Thursday 11th & 18th

9:00 am Balance  
9:45 am Strength  
10:30 am Yoga  
11:15 am Hands  
12:30 pm Walkers  
\*\*Nov 18 1:45 pm Aqua w/ Liz  
2:00 pm Drumming

Friday 12th & 19th  
*Fitness Bingo Ends on the 19*

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

Monday 22nd

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

Tuesday 23rd

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 24th

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

*Thursday 25th  
No Fitness*



*Friday 26th  
No Fitness*



Monday 29th

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

Tuesday 30th

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 31st

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

• **Sign up for Boxing classes with Jenn at 316-1535**  
\*\* There are 3 Aqua Fitness with Liz classes in December: Wednesday 12/3, Wednesday 12/10, and Thursday 12/18

## December Events

### **Favorite Things Fitness Bingo!**

Get ready—our December Fitness Bingo kicks off Wednesday, December 3 and runs through Friday, December 19!

Complete a BINGO and you get to pick one of the Fitness Team's favorite things as a prize! Feeling ambitious? Go for a BLACKOUT and you'll be entered into a special drawing for an extra-awesome prize!

Join the fun, stay motivated, and win some of our favorite goodies while you're at it!

---

### **\_\_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!

---

## **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.