

January 2026 Castle Town Center Fitness Calendar

- Sign up for Boxing classes with Jenn at 316-1535



Monday 5th

Golden Core Challenge Starts

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

Tuesday 6th

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 7th

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 Fit w/ Liz
2:00 pm Line Dancing

Thursday 1st
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 2nd
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
10:30 am Strength

Monday 12th & 19th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
10:30 am Strength
• 1:00 pm Boxing

Tuesday 13th & 20th
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 14th & 21st
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 Fit w/ Liz
2:00 pm Line Dancing

Thursday 15th & 22nd
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 16th & 23rd
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
10:30 am Strength

Monday 26th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
10:30 am Strength
• 1:00 pm Boxing

Tuesday 27th
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 28th
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 Fit w/ Liz
2:00 pm Line Dancing

Thursday 29th
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 30th
Golden Core Challenge Ends
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
10:30 am Strength

January Events

Golden Core Challenge – January 5th Kickoff

Start the year strong with our Golden Core Challenge beginning January 5th!   Test your starting point by recording your plank time during classes or in the fitness center on January 5th and 6th  Throughout January, you'll learn and practice core-strengthening exercises in class  and follow our guided Golden Core program, available in the January 6th Greenbag 

Finish the month by re-testing your plank time and see how far you've come  With options for all levels, this challenge is designed to meet you where you are and help you get stronger all month long 

Join the Willows Walkers!

Looking to increase your step count in 2026? Join the Willows Walkers every Tuesdays & Thursdays at 12:30 PM meet in the Town Center Lobby.

Class Descriptions

Aqua Fit with Liz from Peterson Meadows

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.