

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 8th

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

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- 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.