

# February 2026 CTC Fitness Calendar

Monday 2nd

## Golden Core Challenge Retest Week

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

Tuesday 3rd  
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 4th  
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 5th  
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 6th  
9:00 am Sit & Be Fit  
9:00 am Twinges  
9:45 am Balance  
10:30 am Strength

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

Tuesday 10th  
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 11th  
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 12th  
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 13th  
9:00 am Sit & Be Fit  
9:00 am Twinges  
9:45 am Balance  
10:30 am Strength

Monday 16th  
9:00 am Sit & Be Fit  
9:00 am Twinges  
9:45 am Balance  
10:30 am Strength  
• **1:00 pm Boxing**

Tuesday 17th  
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 18th  
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 19th  
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 20th  
9:00 am Sit & Be Fit  
9:00 am Twinges  
9:45 am Balance  
**10:30 am Strength (AUD)**  
**+2026 LifeStyle & Wellness Challenge roll out.**

Monday 23rd  
9:00 am Sit & Be Fit  
9:00 am Twinges  
9:45 am Balance  
10:30 am Strength  
• **1:00 pm Boxing**

Tuesday 24th  
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 25th  
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 26th  
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 27th  
9:00 am Sit & Be Fit  
9:00 am Twinges  
9:45 am Balance  
10:30 am Strength

## February Events

### **Golden Core Challenge – Retest**

#### **Week**

February 2–6 is your chance to retest your plank hold!

Time yourself or work with a member of the fitness team.

Anyone who improves their time wins a prize.

We're excited to see how far you've come—let's finish strong!

**Friday, February 20 at 10:30**

**AM**

Join us in the auditorium for a 30-minute

#### **Heart-Healthy Strength**

class taught by our fitness team.

After class, we'll be rolling out our

#### **2026 Lifestyle & Wellness**

**Challenge!** This year's program features 8 fitness challenges, each with a fitness component designed to help you

stay strong, active, and living life at your best.

## **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 health and especially beneficial for those managing Parkinson's. Sign-up with Jenn at 316-1535

**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.