



MARCH 2026 CTC FITNESS CALENDAR

Monday 2nd
 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
~~Cancelled 10:30 am Strength~~
Variety Workout with Guildford Students 10:50 to 12:00 pm

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
March Madness 1:30 to 2:30 pm AUD



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

Exercise of the Month:

Farmer's Carry

WHY? Along with strengthening your core, improving posture, and supporting your back, the Farmer's Carry also improves your grip strength — helping with everyday activities like carrying groceries or lifting objects safely.

Recommendation:

Hold 10–15% of your body weight in each hand and walk or stand tall for 30-60 seconds.

Keep your shoulders back, chest lifted, and core engaged.

Simple, effective, and powerful!

March Events

Let's welcome the Guildford High School students on Friday, March 6 for a special **Fitness Variety Class in the Fitness Studio!** (No 10:30 Strength)

Students and residents will be exercising together in a fun variety workout:

10:50–11:10 AM – Jenn: Balance

11:15–11:35 AM – Mollie: Yoga

11:40–12:00 PM – Dawn: Strength

March Madness – Wesley Willows Style!

Join us on March 6th, 1:30–2:30 PM in the Auditorium for some March Madness fun — Wesley Willows style! No experience needed — just come ready to join in and have fun!!

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 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.