

May 2026 CTC Fitness Calendar

Monday 4th

Sit and Stand "Quadzilla" Challenge Begins

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



Tuesday 5th

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 6th

9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit-Mollie
10:30 am Strength
1:00 pm Boxing
1:45 pm Aqua Fit-Liz
2:00 pm Line Dancing

Thursday 7th

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 1st & 8th

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

Monday 11th

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

Tuesday 12th

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 13th

9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit-Mollie
10:30 am Strength
1:00 pm Boxing
1:45 pm Aqua Fit-Liz
2:00 pm Line Dancing

Thursday 14th

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 15th

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

Monday 18th

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

Tuesday 19th

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 20th

9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit-Mollie
10:30 am Strength
1:00 pm Boxing
1:45 pm Aqua Fit-Liz
2:00 pm Line Dancing

Thursday 21st

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 22nd

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

Monday 25th

No Fitness



Tuesday 26th

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 27th

9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit-Mollie
10:30 am Strength
1:00 pm Boxing
1:45 pm Aqua Fit-Liz
2:00 pm Line Dancing

Thursday 28th

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 29nd

9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit- Mollie
10:30 am Crowning
"Quadzilla" and Strength
class- AUD



May Events

Our annual

Sit & Stand “Quadzilla” Challenge

kicks off May 4! Start with your 1-minute baseline test during the first week of May—either in your fitness class or the fitness center—then spend the month building serious leg strength. **Remember: strong thighs save lives.**

Bring the heat all month long, then prove your power during the retest May 26–28.

The ultimate showdown happens May 29 in the 10:30 strength class in the Auditorium, where we’ll crown our 2026 Quadzilla Champion.

Are your legs ready for the challenge?

Come Support the Stateline Strides for Strokes

Saturday May 30th

at Rock Valley College Walking Path
Walk begins at 9am with \$35 fee

A link to register for the walk will be available on Wellzesta in event for May 30th or look for a flier in the greenbag with a QR Code.

Let’s show up for a great cause!!

Class Descriptions

Aqua Fit - Improve strength balance, heart health, and flexibility while being easy on the joints. On Wednesdays join the Peterson Meadows crew for a low-impact fun workout in the water with Liz.

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.