

JUNE 2026 CTC FITNESS CALENDAR

June Mobility Challenge Shoulder Mobility/ Forward Bend

Monday 1st

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

Tuesday 2nd

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 3rd

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 4th

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 5th

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 8th

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

Tuesday 9th

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 10th

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 11th

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 12th

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 15th

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

Tuesday 16th

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 17th

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 18th

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 19th

9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit- Mollie
10:30 am Strength
1:30 pm Father's Day Social

Monday 22nd/29th

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

Tuesday 23rd/30th

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 24th

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 25th

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 26th

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

June Events

Friday June 19th at 1:30 P.M.

Root Beer & Recreation: A Father's Day Social In the Auditorium

Celebrate Father's Day with a classic fun and friendly competition!

Residents are invited to enjoy bocce ball, bags (cornhole), and delicious root beer floats while gathering together to honor the fathers and father figures in our community. All men welcome.

June Exercises of the Month are the **Shoulder Mobility Stretch** and the **Standing Forward Fold** from our Fitness Foundations. Practice these mobility exercises with the fitness team or at home to improve joint health.

Find a handout about these in the fitness centers or on Wellzesta.

Have you tried **AQUA FIT with Mollie** yet?

Wednesday & Fridays / 9:45 a.m.

Join us for this joint friendly aqua class that helps improve strength, balance, heart health, and flexibility.

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.