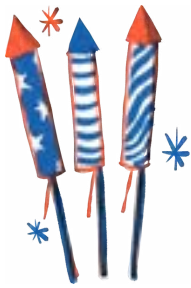


HAPPY 4th of JULY

Just a reminder,
there are
NO CLASSES
on Friday July 3rd



REMEMBER TO PARTICIPATE IN

★ JULY FITNESS BINGO ★
★ ★ Starting JULY 7th ★ ★
★ ★ through JULY 31st ★ ★

Pick up a Bingo card in the Fitness Center and complete fitness activities to earn a BINGO!

Turn in your completed card for a chance to be entered into a drawing for gift cards.

Better yet, double your chances by getting a BLACK OUT for an additional entry!

July's Exercises of the Month

is the **Single Leg Balance**.

This is one of our Fitness Foundations core exercises. Practice balance exercises with the fitness team during a Balance Class or at home to improve your coordination.

Have you tried **AQUA FIT** yet?
Wednesday & Fridays / 9:45 a.m.

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.



JULY 2026 CTC FITNESS CALENDAR

EXERCISE OF THE MONTH

This month we will be working on the **Single Leg Balance**. Practice at home or try visiting a **Balance Class**.

MONTHLY FITNESS ACTIVITY

Pick up and complete **Fitness Activities** to get a **FITNESS BINGO** to be entered into a drawing for gift cards!

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

Thursday 2nd
9:00 am Balance
9:45 am Strength
10:30 am Yoga
11:15 am Hands
2:00 pm Drumming



Monday 6th
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

Tuesday 7th
9:00 am Balance
9:45 am Strength
10:30 am Pilates
11:15 am Hands
2:00 pm Drumming
FITNESS BINGO STARTS

Wednesday 8th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit
10:30 am Strength
1:00 pm Boxing
2:00 pm Line Dancing

Thursday 9th
9:00 am Balance
9:45 am Strength
10:30 am Yoga
11:15 am Hands
2:00 pm Drumming

Friday 10th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit
10:30 am Strength

Monday 13th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
10:30 am Strength
1:00 pm Boxing

Tuesday 14th
9:00 am Balance
9:45 am Strength
10:30 am Pilates
11:15 am Hands
2:00 pm Drumming

Wednesday 15th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit
10:30 am Strength
1:00 pm Boxing
1:45 pm Aqua Fit w/ Liz
2:00 pm Line Dancing

Thursday 16th
9:00 am Balance
9:45 am Strength
10:30 am Yoga
11:15 am Hands
2:00 pm Drumming

Friday 17th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit
10:30 am Strength

Monday 20th/27th
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

Tuesday 21st/28th
9:00 am Balance
9:45 am Strength
10:30 am Pilates
11:15 am Hands
2:00 pm Drumming

Wednesday 22nd/29th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit
10:30 am Strength
1:00 pm Boxing
2:00 pm Line Dancing

Thursday 23rd/30th
9:00 am Balance
9:45 am Strength
10:30 am Yoga
11:15 am Hands
2:00 pm Drumming

Friday 24th/31st
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit
10:30 am Strength

FITNESS BINGO ENDS!