



**HAPPY
LABOR DAY**

NO FITNESS
CLASSES
Monday Sept 7th

SEPTEMBER 2026 CTC FITNESS CALENDAR

Tuesday 1st / 8th
9:00 am Balance
9:45 am Strength
10:30 am Pilates
11:15 am Hands
2:00 pm Drumming

Wednesday 2nd / 9th
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 3rd / 10th
9:00 am Balance
9:45 am Strength
10:30 am Yoga
11:15 am Hands
2:00 pm Drumming

Friday 4th / 11th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit
10:30 am Strength

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

Wednesday 16th
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 17th
9:00 am Balance
9:45 am Strength
10:30 am Yoga
11:15 am Hands
2:00 pm Drumming

Friday 18th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit
10:30 am Strength

Monday 21st
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
10:30 am Strength
1:00 pm Boxing

Tuesday 22nd
9:00 am Balance
9:45 am Strength
10:30 am Pilates
11:15 am Hands
2:00 pm Drumming

Wednesday 23rd
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 24th
9:00 am Balance
9:45 am Strength
10:30 am Yoga
11:15 am Hands
2:00 pm Drumming

Friday 25th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit
10:30 am Strength
1:30 p.m. Water Volley Ball

Monday 28th
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 29th
9:00 am Balance
9:45 am Strength
10:30 am Pilates
11:15 am Hands
2:00 pm Drumming

Wednesday 30th
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



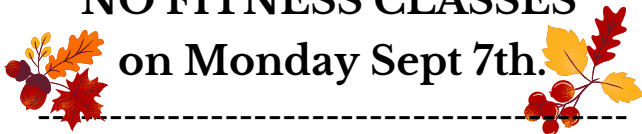
**WALK TO END
ALZHEIMERS**



Saturday Sept 26th
Sportcore One Soccer Center
Festivities start at 8:30 a.m.
Walk begins at 10:00 a.m.
Wesley Willow's T-shirts will be available

Happy Labor Day

Just a reminder, there are
NO FITNESS CLASSES
on Monday Sept 7th.



September's Exercises of the Month
is the WALKING.

This is one of our Fitness
Foundations core exercises.

Go for a walk outside, around the
track or JOIN US for our annual



WALK TO END
ALZHEIMERS

Sat September 26th at 8:30 a.m.

REGISTER TO JOIN THE
WESLEY WILLOWS TEAM



AQUA FIT will be resident led in
September. We added another day!!

It's now on Monday,
Wednesday & Fridays at 9:45 a.m.



WATER VOLLEYBALL

Our next game will be played
on Friday Sept 25 at 1:30 pm.

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.