

OCTOBER 2026 CTC FITNESS CALENDAR

Monday 5th

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 6th

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

Wednesday 7th

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 1st / 8th

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

Friday 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

Monday 12th

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 13th

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

Wednesday 14th

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 15th

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

Friday 16th

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



1:30 p.m. Water Volley Ball

Monday 19th

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 20th

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

Wednesday 21st

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 22nd

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

Friday 23rd

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

Monday 26th

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 27th

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

Wednesday 28th

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 29th

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

Friday 30th

9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit
10:30 am Spooky Strength
2:30 pm Halloween Carnival





Join us under the Big Top for a Halloween Carnival

Friday Oct 30th at 2:30 pm.

Celebrate Halloween with an
afternoon of Carnival Fun!
Games, Snacks, Music and more!
Prize for best Halloween Costume.

Join us for **SPOOKY STRENGTH**
with our fitness team on
October 30th at 10:30 am.



October's **Exercise of the Month**
is the **LUNGE**. Do this move to help
strengthen your legs and build
stronger glutes. This everyday move
will help improve your balance and
stability as well as help your core
stability. You will find lunges in
almost all of our fitness classes! .

AQUA FIT with Liz from Peterson
Meadows will be Mondays at 1:45 pm.



WATER VOLLEYBALL



Our next game will be played
on Friday Oct 16th at 1:30 pm.

Class Descriptions

Aqua Fit - Improve strength balance,
heart health, and flexibility while being
easy on the joints. On Mondays 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.



During these Line Dancing classes, learn
the dance for our Halloween Carnival.
Anyone welcome for this easy dance.

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.

