NOVEMBER 2026 CTC FITNESS CALENDAR

Monday 2nd
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance/Aqua
10:30 am Strength
1:00 pm Boxing
1:45 pm Aqua Fit w/ Liz

Tuesday 3rd
9:00 am Balance
9:45 am Strength
10:30 am Pilates
11:15 am Hands
2:00 pm Drumming

Wednesday 4th
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 5th
9:00 am Balance
9:45 am Strength
10:30 am Yoga
11:15 am Hands
2:00 pm Drumming

Friday 6th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit
10:30 am Strength

Monday 9th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance/Aqua
10:30 am Strength
1:00 pm Boxing
1:45 pm Aqua Fit w/ Liz

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

Wednesday 11th
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 12th
9:00 am Balance
9:45 am Strength
10:30 am Yoga
11:15 am Hands
2:00 pm Drumming

Friday 13th
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 16th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance/Aqua
10:30 am Strength
1:00 pm Boxing
1:45 pm Aqua Fit w/ Liz

Tuesday 17th
9:00 am Balance
9:45 am Strength
10:30 am Pilates
11:15 am Hands
2:30 pm Drumming

Wednesday 18th
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 19th
9:00 am Balance
9:45 am Strength
10:30 am Yoga
11:15 am Hands
2:00 pm Drumming

Friday 20th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit

10:30 am
TURKEY TROT!!!

Monday 23rd/30th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance/Aqua
10:30 am Strength
1:00 pm Boxing
1:45 pm Aqua Fit w/ Liz
(No Aqua Fit on Nov 30th)

Tuesday 24th
9:00 am Balance
9:45 am Strength
10:30 am Pilates
11:15 am Hands
2:00 pm Drumming

Wednesday 25th
9:00 am Sit & Be Fit
9:00 am Twinges
9:45 am Balance
9:45 am Aqua Fit
10:30 am Strength
1:00 pm Boxing
2:00 pm Line Dancing

Thursday 26th


NO FITNESS

Friday 27th
9:00 am Twinges
9:45 am Aqua Fit
10:30 am
STRENGTH Class



Turkey TROT

Friday, November 20th • 10:30 AM
Meet in the Town Center Lobby
Join us for this fun Thanksgiving tradition!
Walk outside or stay warm on the indoor track!
🏃Beat the Turkey 🦃 for a chance to win a prize!
Fun, fitness, and friendship for all!
🥧 After the trot, enjoy awards and a $5 Lunch Special in the Bistro.

November's Exercise of the Month is the MILE WALK. Start getting ready for the TURKEY TROT by walking. This everyday move will help imporove cardiovascular health,circulation and endurance. **Get outdoors and enjoy the weather or utilize our indoor track anytime.**

AQUA FIT with Liz from Peterson Meadows will be Mondays at 1:45 pm
(No class on Nov 30th)

WATER VOLLEYBALL
Our next game will be played on Friday Nov 13th 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.

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.

Be Thankful Together



