

Cornwall Manor Recreation Schedule

February 2025

Located in the Manypenny Recreation Room—Below Zerr Chapel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9a-12p—Band Together 12:15p—Bocce 1:30p—Chair Yoga 3p—Gentle Yoga	4 9:15a-11a—Cleaning 3p—Tai Chi	5 9a-12p—Band Together 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	6 9a—Wonder Weights 11a—Tai Chi	7 9a-12p—Band Together 1p—Body Balance	8
9	10 9a-12p—Band Together 12:15p—Bocce 1:30p—Chair Yoga 3p—Gentle Yoga	11 9:15a-11a—Cleaning 3p—Tai Chi	12 9a-12p—Band Together 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	13 9a—Wonder Weights 11a—Tai Chi 2p—Zumba Gold	14 9a-12p—Band Together 1p—Body Balance	15
16	17 9a-12p—Band Together 12:15p—Bocce 1:30p—Chair Yoga 3p—Gentle Yoga	18 9:15a-11a—Cleaning 3p—Tai Chi	19 9a-12p—Band Together 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	20 9a—Wonder Weights 11a—Tai Chi 2p—Zumba Gold	21 9a-12p—Band Together 1p—Body Balance	22
23	24 9a-12p—Band Together 12:15p—Bocce 1:30p—Chair Yoga 3p—Gentle Yoga	25 9:15a-11a—Cleaning 3p—Tai Chi	26 9a-12p—Band Together 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	27 9a—Wonder Weights 11a—Tai Chi	28 9a-12p—Band Together	