

Cornwall Manor's Recreation Schedule **June 2025**

Located in the Manypenny Recreation Room

Lower level of Zerr Chapel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 1:30p—Chair Yoga 3:00p—Gentle Yoga	3 9:15-11a—Cleaning 3pm—Tai Chi	4 2p—Body Balance 3:30p—Meditation	5 11a—Tai Chi 2:00p—Zumba Gold	6 2p—Body Balance	7
8 Mondays, Wednesdays, and Fridays— Band Together 9a-12p	9 1:30p—Chair Yoga 3:00p—Gentle Yoga	10 9:15-11a—Cleaning	11 2p—Body Balance 3:30p—Meditation	12 9a—Wonder Weights 2:00p-Zumba Gold	13 2p—Body Balance	14
15 All classes occur in the Manypenny Recreation Room — Lower Level of Zerr Chapel	16 1:30p—Chair Yoga 3:00p—Gentle Yoga	17 9:15-11a—Cleaning 3pm—Tai Chi	18 2p—Body Balance 3:30p—Meditation	19 9a- Wonder Weights 11a—Tai Chi 2:00p—Zumba Gold	20 2p—Body Balance	21
22	23 1:30p—Chair Yoga 3:00p—Gentle Yoga	24 9:15-11a—Cleaning 3pm—Tai Chi	25 2p—Body Balance 3:30p—Meditation	26 9a- Wonder Weights 2:00 p—Zumba Gold	27 2p—Body Balance	28
29	30 1:30p—Chair Yoga 3:00p—Gentle Yoga	27 9:15-11a—Cleaning 3pm—Tai Chi	28 3:30p—Meditation	29 9a- Wonder Weights 11a — Tai Chi 2:00 p—Zumba Gold	30 2p—Body Balance	31 