


# Cornwall Manor's Recreation Schedule **May 2025**

## Located in the Manypenny Recreation Room

### Lower level of Zerr Chapel

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

Please join us for a variety of the exercise classes offered at Cornwall Manor in the Manypenny Recreation Room

If you have any questions please reach out to Melissa Rodriguez, Recreation and Fitness Coordinator at 717-675-1528 or

[mrodriguez@cornwallmanor.org](mailto:mrodriguez@cornwallmanor.org)

Band Together: Join our Band Together class and experience the fun and effectiveness of resistance bands! Perfect for all fitness levels, this class combines strength training and cardio for a full-body workout. Using resistance bands, you'll tone muscles, improve flexibility, and boost endurance in a supportive group setting.

Chair Yoga and Gentle Yoga: Discover the soothing world of yoga, perfect for everyone looking for a calming practice. With gentle movements and deep breathing, yoga is ideal for reducing stress, improving flexibility, and finding inner peace. Whether you're a beginner or experienced yogi, these yoga classes welcome you to relax, unwind, and nurture your body and mind

Tai Chi: Explore the graceful art of Tai Chi with our beginner-friendly class. Tai Chi offers a gentle way to improve balance, reduce stress, and enhance overall well-being. Join us as we guide you through slow, flowing movements that promote relaxation and inner harmony. Whether you're seeking to increase flexibility or simply unwind, Tai Chi is your path to a calmer mind and a healthier body

Meditation: Embark on a journey of self-discovery and tranquility with meditation. Designed for beginners and seasoned practitioners alike, this class offers a serene space to quiet the mind, reduce stress, and cultivate inner peace. Learn simple techniques to focus your attention, regulate your breath, and let go of distractions.

Body Balance: Discover this guided exercise program to improve stability and balance. Ideal for all fitness levels, all exercises can be modified to meet you where you are with your level of balance. This 30-minute class will help with coordination and confidence in everyday movement. Get ready, get balanced, and get energized!

Wonder Weights: Our weights class offers strengthening exercises that utilize hand weights. While upper body is our main focus for this class we do also engage the core and legs with exercises just for them.

Zumba Gold: Zumba Gold is a fun, no/low impact dance-fitness type of class for any age and fitness level, and geared specifically to the older adult! The music incorporates some catchy pop tunes along with international-style music. The class focuses on elements of cardiovascular, balance, range of motion, toning and coordination. Fun, camaraderie and fitness all rolled into one!