



# Cornwall Manor's Recreation Schedule August 2025

## Located in the Manypenny Recreation Room; Lower level of Zerr Chapel



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