



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

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



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