

Cornwall Manor's Recreation Schedule October 2025

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

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