

Cornwall Manor's Recreation Schedule November 2025

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

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