



# Cornwall Manor Recreation Schedule

## February 2026

### Located in the Manypenny Recreation Room—Below Zerr Chapel

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Mondays, Wednesdays, and Fridays—Band Together 9a, 10a, & 11a	2 12:15p—Bocce 1:30p—Chair Yoga 3:00p—Gentle Yoga	3 3pm—Tai Chi	4 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	5 9a—Wonder Weights 2:00p—Zumba Gold	6 2p—Body Balance	7 
8	9 12:15p—Bocce 1:30p—Chair Yoga 3:00p—Gentle Yoga	10 3pm—Tai Chi	11 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	12 9a—Wonder Weights 2:00p—Zumba Gold	13	14
15	16 12:15p—Bocce 1:30p—Chair Yoga 3:00p—Gentle Yoga	17 3pm—Tai Chi	18 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	19 9a—Wonder Weights 2:00p—Zumba Gold	20 2p—Body Balance	21
22 	23 12:15p—Bocce	24 3pm—Tai Chi	25 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	26 9a—Wonder Weights 10a—Chair Yoga 11:15a—Gentle Yoga 2:00p—Zumba Gold	27 2p—Body Balance	All classes occur in the Manypenny Recreation Room — Lower Level of Zerr Chapel