



Cornwall Manor Recreation Schedule

April 2026



Located in the Manypenny Recreation Room—Below Zerr Chapel

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>All classes occur in the Manypenny Recreation Room — Lower Level of Zerr Chapel</p>			<p>1 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga</p>	<p>2 9a—Wonder Weights 10a—Chair Dance Aerobics 2:00p—Zumba Gold</p>	<p>3</p>	<p>4</p>
<p>5 Mondays, Wednesdays, and Fridays—Band Together 9a, 10a, & 11a</p>	<p>6 12:15p—Bocce 1:30p—Chair Yoga 3:00p—Gentle Yoga</p>	<p>7 230pm—Tai Chi and Qi Gong</p>	<p>8 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga</p>	<p>9 9a—Wonder Weights 10a—Chair Dance Aerobics 2:00p—Zumba Gold</p>	<p>10 2 pm—Body Balance</p>	<p>11</p>
<p>12</p>	<p>13 12:15p—Bocce 1:30p—Chair Yoga 3:00p—Gentle Yoga</p>	<p>14 230pm—Tai Chi and Qi Gong</p>	<p>15 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga</p>	<p>16 9a— Wonder Weights 10a—Chair Dance Aerobics 2:00p—Zumba Gold</p>	<p>17 2pm—Body Balance</p>	<p>18</p>
<p>19</p>	<p>20 12:15p—Bocce 1:30p—Chair Yoga 3:00p—Gentle Yoga</p>	<p>21 1pm—1 Day Marbles League</p>	<p>22 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga</p>	<p>23 9a— Wonder Weights 10a—Chair Dance Aerobics 2:00p—Zumba Gold</p>	<p>24 2p—Body Balance</p>	<p>25</p>
<p>26</p>	<p>27 12:15p—Bocce 1:30p—Chair Yoga 3:00p—Gentle Yoga</p>	<p>28 230pm—Tai Chi and Qi Gong</p>	<p>29 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga</p>	<p>30 9a— Wonder Weights 10a—Chair Dance Aerobics 2:00p—Zumba Gold</p>		