



# Cornwall Manor Recreation Schedule

## March 2026



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	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 2 pm—Body Balance	7
8 Mondays, Wednesdays, and Fridays—Band Together 9a, 10a, & 11a	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 2 pm—Body Balance	14
15	16 12:15p—Bocce 1:30p—Chair Yoga 3:00p—Gentle Yoga	17	18 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	19 9a— Wonder Weights 2:00p—Zumba Gold	20 2pm—Body Balance	21
22	23 12:15p—Bocce 1:30p—Chair Yoga 3:00p—Gentle Yoga	24	25 12:30p—Bocce 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	26 9a— Wonder Weights 2:00p—Zumba Gold	27 2p—Body Balance	28
29	30 12:15p—Bocce 1:30p—Chair Yoga 3:00p—Gentle Yoga	31				All classes occur in the Manypenny Recreation Room — Lower Level of Zerr Chapel