



Cornwall Manor Recreation Schedule May 2026

Located in the Manypenny Recreation Room—Below Zerr Chapel

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All classes occur in the Manypenny Recreation Room — Lower Level of Zerr Chapel					1 2p—Body Balance	2
3 Mondays, Wednesdays, and Fridays—Band Together 9a, 10a, &	4 1:30p—Chair Yoga 3:00p—Gentle Yoga	5 1:30p—Standing Pilates 230pm—Tai Chi and Qi Gong	6 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	7 9a—Wonder Weights 2:00p—Zumba Gold	8	9
10	11 1:30p—Chair Yoga 3:00p—Gentle Yoga	12 1:30p—Standing Pilates 230pm—Tai Chi and Qi Gong	13 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	14 9a— Wonder Weights 2:00p—Zumba Gold	15 2pm—Body Balance	16
17	18 1:30p—Chair Yoga 3:00p—Gentle Yoga	19 1:30p—Standing Pilates 230pm—Tai Chi and Qi Gong	20 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	21 9a— Wonder Weights 2:00p—Zumba Gold	22 2p—Body Balance	23
24/31	25 1:30p—Chair Yoga 3:00p—Gentle Yoga	26 1:30p—Standing Pilates 230pm—Tai Chi and Qi Gong	27 2p—Body Balance 3:30p—Meditation 4:30p—Emp. Yoga	28 9a— Wonder Weights 2:00p—Zumba Gold	29 2p—Body Balance	30 