

Cornwall Manor Recreation Schedule

June 2026

Located in the Manypenny Recreation Room—Below Zerr Chapel

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