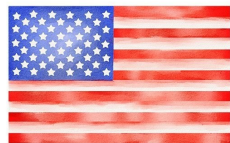


Cornwall Manor Recreation Schedule

July 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 9a—Wonder Weights 1:30p—Zumba Gold	3	4 
5 <u>Mondays, Wednesdays, and Fridays—Band Together 9a, 10a, & 11a</u>	6 1:30p—Chair Yoga 3:00p—Gentle Yoga	7 3:00pm—Tai Chi	8 2p—Body Balance 3:30p—Meditation	9 9a—Wonder Weights 1:30p—Zumba Gold	10 1:15p—Mind in Motion 2p—Body Balance	11
12 <u>Cleaning of the Room occurs on Tuesdays 9-11:15 am</u>	13 1:30p—Chair Yoga 3:00p—Gentle Yoga	14 3:00pm—Tai Chi	15 2p—Body Balance 3:30p—Meditation	16 9a— Wonder Weights 1:30p—Zumba Gold	17 1:15p—Mind in Motion 2pm—Body Balance	18
19	20 1:30p—Chair Yoga 3:00p—Gentle Yoga	21 3:00pm—Tai Chi	22 2p—Body Balance 3:30p—Meditation	23 9a— Wonder Weights 1:30p—Zumba Gold	24 1:15p—Mind in Motion 2p—Body Balance	25
26 	27 	28 3:00pm—Tai Chi	29 3:30p—Meditation	30 9a— Wonder Weights 1:30p—Zumba Gold	31 1:15p—Mind in Motion 2p—Body Balance	