

September 2026

Manypenny Recreation Schedule; Lower Level of Zerr Chapel

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All classes occur in the Manypenny Recreation Room — Lower Level of Zerr Chapel		1	2 2p—Body Balance 3:30p—Meditation	3 9a—Wonder Weights	4	5 
6 Mondays, Wednesdays, and Fridays—Band Together 9a, 10a, & 11a	7 1:30p—Chair Yoga	8 1p—Cardio Drumming 2p—Core and More	9 2p—Body Balance 3:30p—Meditation	10 9a—Wonder Weights	11	12
13 Cleaning of the Room occurs on Tuesdays 9-11:15 am	14 1:30p—Chair Yoga	15	16 2p—Body Balance 3:30p—Meditation	17 9a— Wonder Weights	18	19
20	21 1:30p—Chair Yoga	22 1p—Cardio Drumming 2p—Core and More	23 2p—Body Balance 3:30p—Meditation	24 9a—Wonder Weights	25	26
27 	28 1:30p—Chair Yoga	29	30 2p—Body Balance 3:30p—Meditation			