




Edenwald Fitness & Wellness

June 2025



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	2 9AM Aqua Exercise w/Kate 9:45 AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM 2PM Wellness Workout (FS)	3 9AM Aqua Aerobics (P) 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS) 12:45PM NCR Trail & Snoasis (RR)	4 9:45AM Strength & Stretch (AUD) 2:30PM Core Blast (FS)	5 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 7PM Evening Yoga (FS) Zumba is cancelled.	6 9:45AM Strength & Stretch (AUD) 2PM Balance Training (FS)	7
8	9 9AM Aqua Exercise w/Kate (Pool) 9:45 AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric (pre-recorded video) check your email for link. 2PM Wellness Workout (FS)	10 9AM Aqua Aerobics (P) 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS) 1:30PM Chair Massage w/Alex (RR)	11 9:45AM Strength & Stretch (AUD) 2:30PM Core Blast (FS)	12 9:00AM Aqua Aerobics (P) 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 2PM Seated Zumba (FS) 7PM Evening Yoga (FS)	13 9:45AM Strength & Stretch (AUD) 1:30PM RA Meeting & Town Hall (AUD)	14 11AM Dance for PD (SH)
15	16 9AM Aqua Exercise w/Kate 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric (pre-recorded video)check email for link. 2PM Wellness Workout (FS)	17 9AM Aqua Aerobics (P) 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS) 2:30PM Meditation w/Alex (FS)	18 9:45AM Strength & Stretch (TM) 2:00PM Meditation w/Alex (FS) 2:30PM Core Blast (FS)	19 	20 9:45AM Strength & Stretch (AUD) 2PM Balance Training (FS)	21

Apart from Core Blast, all classes will work with various fitness levels. You must be pre-approved to attend Core Blast. Please contact Amy with questions.



Edenwald Fitness & Wellness

June 2025

22	23 9AM Aqua Exercise w/Kate 9:45 AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM 2PM Wellness Workout (FS)	24 9:00AM Aqua Aerobics (P) 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS) 1:30PM Brain Awareness Month Presentation (AUD) 2PM Balance Training (FS)	25 9:45AM Strength & Stretch (AUD) 2:30PM Core Blast (FS)	26 9:00AM Aqua Aerobics (P) 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 7PM Evening Yoga (FS)	27 9:45AM Strength & Stretch (AUD) 2PM Balance Training (FS)	28 11AM Dance for PD (SH)
29	30 9AM Aqua Exercise w/Kate 9:45 AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM 2PM Wellness Workout (FS) 2:30PM Reiki w/Alex (FS)					

Highlight represents special events. AUD-Auditorium, FS-Fitness Studio, SH-Stroh Hall, TM-Terrace’s Multipurpose Room.