



Edenwald Fitness & Wellness



January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Happy New Year! 	2 9:45AM Strength & Stretch (AUD) 2PM Balance Training (FS)	3
4	5 9AM Aqua Aerobics (Pool) 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM (check email for link) 2PM Wellness Workout (FS)	6 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS) 12:15pm AMC Movie Trip	7 9:45AM Strength & Stretch (AUD) 2:30PM Core Blast (FS)	8 9AM Aqua Aerobics (Pool) 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 2PM Seated Zumba (FS) 2:45pm Rise & Thrive Strength (FS)	9 9:45AM Strength & Stretch (AUD) 2PM Balance Training (FS)	10 11AM Dance for PD (SH)
11	12 9AM Aqua Aerobics (Pool) 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM (check email for link) 2PM Wellness Workout (FS)	13 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS) 2PM Balance Training (FS) 3:30pm Meditation w/ Alex	14 9:45AM Strength & Stretch (AUD) 2:30PM Core Blast (FS)	15 9AM Aqua Aerobics (Pool) 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 2PM Seated Zumba (FS) 2:45pm Rise & Thrive Strength (FS)	16 9:45AM Strength & Stretch (AUD) 1:30PM RA & Town Hall Meeting (AUD)	17


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.



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<p>18</p>	<p>19</p>  <p>HAPPY MARTIN LUTHER KING JR. DAY ***</p> <p>11AM Tai Chi w/Eric pre-recorded (check email for link)</p>	<p>20</p> <p>9AM Aqua Aerobics (Pool)</p> <p>10:30AM Strength Training w/Mary Ann (FS)</p>	<p>21</p> <p>9:45AM Strength & Stretch (AUD)</p> <p>2:30PM Core Blast (FS)</p>	<p>22</p> <p>9AM Aqua Aerobics (Pool)</p> <p>9:45AM Morning Stretch (FS)</p> <p>10:30AM Seated Yoga (FS)</p> <p>2PM Seated Zumba (FS)</p> <p>2:45pm Rise & Thrive Strength (FS)</p>	<p>23</p> <p>9:45AM Strength & Stretch (AUD)</p> <p>2PM Balance Training (FS)</p>	<p>24</p> <p>11AM Dance for PD (SH)</p>
<p>25</p>	<p>26</p> <p>9:45 AM Strength & Stretch (AUD)</p> <p>11AM Tai Chi w/Eric via ZOOM (check email for link)</p> <p>2PM Wellness Workout (FS)</p>	<p>27</p> <p>9:45AM Morning Stretch (FS)</p> <p>10:30AM Strength Training w/Mary Ann (FS)</p> <p>2PM Balance Training (FS)</p> <p>3:30pm Meditation w/ Alex</p>	<p>28</p> <p>9:45AM Strength & Stretch (TM)</p> <p>2:30PM Core Blast (FS)</p>	<p>29</p> <p>9:45AM Morning Stretch (FS)</p> <p>10:30AM Seated Yoga (FS)</p> <p>2PM Seated Zumba (FS)</p>	<p>30</p> <p>9:45AM Strength & Stretch (AUD)</p> <p>2PM Balance Training (FS)</p>	<p>31</p>
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>

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