


June

EDENWALD FITNESS & WELLNESS

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM (check email for link) 2PM Wellness Workout (FS)	2 10:30AM Strength Training w/Mary Ann (FS) 2PM Balance Training (FS)	3 9:45AM Strength & Stretch (AUD) 11AM Beginning Ballet (Standing) FS 2:30PM Core Blast (FS)	4 9AM Aqua Aerobics (Pool) 10:30AM Seated Yoga (FS) 2PM Seated Zumba (FS)	5 9:45AM Strength & Stretch (AUD) 2PM Balance Training (FS)	6
7	8 9AM Aqua Aerobics (Pool) 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM (check email for link) 2PM Wellness Workout (FS)	9 10:30AM Strength Training w/Mary Ann (FS) 1PM Cromwell Valley Park & Prigel Family Creamery 2PM Balance Training (FS) 2:15PM Cooking Demo (G)	10 9:45AM Strength & Stretch (AUD) 11AM Pioneers of Modern Dance Discussion (AUD) 1PM Giant Food Nutrition Talk (AUD) 2:30PM Core Blast (FS)	11 9AM Aqua Aerobics (Pool) 10:30AM Seated Yoga (FS) 2PM Seated Zumba (FS)	12 9:45AM Strength & Stretch (AUD) 1:30PM RA Meeting & Town Hall (AUD)	13 11AM Dance for PD (Stroh Hall)
14	15 9AM Aqua Aerobics (Pool) 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM (check email for link) 2PM Wellness Workout (FS)	16 10:30AM Strength Training w/Mary Ann (FS) 2PM Balance Training (FS) 2:30PM Garden of Hope Dance Alzheimer's Fundraising Kickoff (AUD)	17 9:45AM Strength & Stretch (AUD) 11AM Beginning Ballet (Standing) FS 2:30PM Core Blast (FS)	18 9AM Aqua Aerobics (Pool) 10:30AM Seated Yoga (FS) 1:30PM Meditation w/ Alex 2PM Seated Zumba (FS)	19 	20

AUD-Auditorium, FS-Fitness Studio, SH-Stroh Hall, TM-Terrace's Multipurpose Room, RR-Registration Required, G-Grille.

Highlight represents special events. Classes listed in colors other than Black require a sign up.

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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21 9AM Aqua Aerobics (Pool) 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM (check email for link) 2PM Wellness Workout (FS)	22 9AM Aqua Aerobics (Pool) 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM (check email for link) 2PM Wellness Workout (FS)	23 10:30AM Strength Training w/Mary Ann (FS) 2PM Balance Training (FS)	24 9:45AM Strength & Stretch (AUD) 11AM Pioneers of Modern Dance Discussion (AUD) 2:30PM Core Blast (FS)	25 9AM Aqua Aerobics (Pool) 10:30AM Seated Yoga (FS) 2PM Seated Zumba (FS)	26 9:45AM Strength & Stretch (AUD) 2PM Balance Training (FS)	27 11AM Dance for PD (Stroh Hall)
28	29 9AM Aqua Aerobics (Pool) 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM (check email for link) 2PM Wellness Workout (FS)	30 10:30AM Strength Training w/Mary Ann (FS) 2:00PM Balance Training (FS)				

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