



Edenwald Fitness & Wellness

October 2024



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS) 12PM TU Class Visit (RR)	2 9:45AM Strength & Stretch (TM) 2PM Core Blast (FS)	3 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 2PM Seated Zumba (FS)	4 9:45AM Strength & Stretch (AUD) 2PM Balance Training (FS)	5 11AM Dance for PD (SH)
6	7 9:30AM Aqua w/Kate (P) 9:45 AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM 2PM Wellness Workout (FS)	8 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS) 2PM Balance Training (FS)	9 9:45AM Strength & Stretch (TM) 2PM Core Blast (FS)	10 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 2PM Seated Zumba (FS)	11 9:45AM Strength & Stretch (AUD) 1:30PM RA & Town Hall Meeting (AUD)	12 11AM Dance for PD (SH)
13	14 9:30AM Aqua w/Kate (P) 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM 2PM Wellness Workout (FS)	15 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS) 2PM Balance Training (FS)	16 9:45AM Strength & Stretch (TM) 2PM Core Blast (FS)	17 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 2PM Seated Zumba (FS)	18 9:45AM Strength & Stretch (AUD) 2PM Balance Training (FS)	19 11AM Dance for PD (SH)

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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20	<p>21 9:30AM Aqua w/Kate (P) 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM</p> <p>2PM Wellness Workout (FS)</p>	<p>22 9AM Catoctin Mountain Park (RR) 10:30AM Strength Training w/Mary Ann (FS)</p> <p>2PM Balance Training (FS)</p>	<p>23 9:45AM Strength & Stretch (TM) 2PM Core Blast (FS)</p>	<p>24 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS)</p> <p>2PM Edenwald Alzheimer's Walk (Lobby)</p>	<p>25 9:45AM Strength & Stretch (TM) 2PM Balance Training (FS)</p>	<p>26 8:15AM Greater Baltimore Alzheimer's Walk in Hunt Valley (RR)</p> <p>11AM Dance for PD (SH)</p>
27	<p>28 9:30AM Aqua w/Kate (P) 9:45AM Strength & Stretch (TM) 11AM Tai Chi w/Eric via ZOOM</p> <p>2PM Wellness Workout (FS)</p>	<p>29 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS) 2PM Balance Training (FS)</p>	<p>30 9:45AM Strength & Stretch (TM)</p> <p>12PM Power of Age Expo (RR) 2:15PM Core Blast (FS)</p>	<p>31 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 2PM Seated Zumba (FS)</p>		

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

