

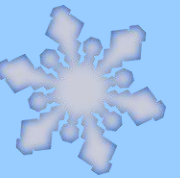
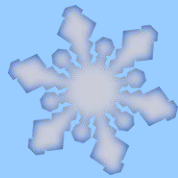


Edenwald Fitness & Wellness

January 2025

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

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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January 2025

19	20 	21 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS) 2PM Balance Training (FS)	22 9:45AM Strength & Stretch (AUD) 1:30PM Wednesday Wind Down (FS) 2:30PM Core Blast (FS)	23 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 2PM Seated Zumba (FS) 7:30PM Winter Ball (AUD)	24 ALL CLASSES & TRAINING APPOINTMENTS CANCELLED FOR TODAY.	25 11AM Dance for PD (SH) 11AM Sacred Circle Dance (TM)
26	27 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM 2PM Wellness Workout (FS)	28 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS) 2PM Balance Training (FS)	29 9:45AM Strength & Stretch (AUD) 1:30PM Wednesday Wind Down (FS) 2:30PM Core Blast (FS)	30 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 11:30AM Papermoon Diner & Bazaar Baltimore (RR)	31 9:45AM Strength & Stretch (AUD) 2PM Balance Training (FS)	

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

