


# August 2025 Castle Town Center Fitness Calendar


Monday 4

9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength

Tuesday 5

9:00 am Balance  
9:45 am Strength  
10:30 am Pilates  
11:15 am Hands  
2:00 pm Drumming

Wednesday 6

9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength  
2:00 pm Line  
Dancing


Thursday 7

9:00 am Balance  
9:45 am Strength  
10:30 am Yoga  
11:15 am Hands  
2:00 pm Drumming

Friday 8

9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
***10:30 am Team Strength  
followed by Bingo Prize  
Giveaway***


Monday 11

9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength

Tuesday 12

9:00 am Balance  
9:45 am Strength  
10:30 am Pilates  
11:15 am Hands  
2:00 pm Drumming


Wednesday 13

9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength  
**1:45 pm Aqua w/ Liz**  
2:00 pm Line Dancing


Thursday 14

9:00 am Balance  
9:45 am Strength  
10:30 am Yoga  
11:15 am Hands  
2:00 pm Drumming

Friday 15

9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength


Monday 18

9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength

Tuesday 19

9:00 am Balance  
9:45 am Strength  
10:30 am Pilates  
11:15 am Hands  
2:00 pm Drumming

Wednesday 20

9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength  
**1:45 pm Aqua w/ Liz**  
2:00 pm Line Dancing


Thursday 21

9:00 am Balance  
9:45 am Strength  
10:30 am Yoga  
11:15 am Hands  
2:00 pm Drumming

Friday 22

9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength  
***2:00 pm Dancing Around  
the World***


Monday 25

9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength

Tuesday 26

9:00 am Balance  
9:45 am Strength  
10:30 am Pilates  
11:15 am Hands  
***1:00 pm Fight Back  
Against Parkinson's!***


Wednesday 27

9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength  
2:00 pm Line  
Dancing

Thursday 28

9:00 am Balance  
9:45 am Strength  
10:30 am Yoga  
11:15 am Hands  
**1:45 pm Aqua w/ Liz**  
2:00 pm Drumming

Friday 29

9:00 am Sit & Be Fit  
9:00 am  Twinges  
9:45 am Balance  
10:30 am Strength

**August Events**

Thur, Aug. 8 | 10:30M | Auditorium  
Join us for a powerhouse **Team Strength Class** 🏋️, then stick around for 🎉 **July Fitness Bingo prize giveaways!** 🎁  
Sweat it out, celebrate your wins, and score some fun prizes! 🙌  
Everyone is invited!!!

-----  
🌍🕺 **Dancing Around the World Party!**  
Friday, August 22 | 2:00 PM | CTC Auditorium  
Get ready to move, munch, and mingle! Learn dances from around the world, enjoy international desserts, or just sit back and watch the fun!  
📌 Sign up with Guest Services—

-----  
🥊 **Fight Back Against Parkinson's!**  
Tues, Aug. 26 | 1–2 PM | Auditorium  
Everyone's potential for Parkinson's deserves action.  
Join Jim Hall, PFT & author of “got Parkinson's?... are You sure?!?”, for a powerful mix of boxing-based movement and education.  
All residents welcome—bring a guest or caregiver!  
📌 Sign up with Guest Services—

***Class Descriptions***

**Aqua Fit with Liz-** Improve strength balance, and flexibility while being easy on the joints. Liz, from Peterson Meadows, enthusiasm for the water is contagious. Check the fitness calendar, greenbag, or Aquatic center for specific dates. Vollyball to follow.

**Cardio Drumming-** Come get your heart pumping, muscles working and reduce stress while having a blast drumming to upbeat music of the past. This class can be done seated or standing.

**Healthy Hands-** Build strength, increase mobility, and dexterity in your hands. This class will benefit those with arthritis and helps prolong healthy hands for those without arthritis.

**Line Dancing-** Dance your way into wellness with this resident-led class! You will learn basic line dances while improving your strength, balance, and coordination. No experience needed.

**Seated or Standing Pilates-** Strengthen your core and get your heart pumping with exercises based off the principles of Pilates. Exercises will be in a chair with option(s) to stand. A variety of equipment like hand weights and stability balls will be used.

**Class Information**

- Held in the CTC Fitness Studio.
- 30 minutes long except Cardio Drumming which is 45 minutes.

**Sit & Be Fit-** Seated exercises that engage the whole body. This class will focus on strength and flexibility while getting your heart pumping.

**Seated or Standing Yoga-** Improve balance, flexibility, and strength while reducing stress with a gentle yoga flow. This class focuses on the fitness side of yoga, not the spiritual. Class can be done seated or standing.

**Strength & Mobility-** Improve your strength, coordination, balance, and mobility with exercises using free weights, resistance bands and body weight. Exercises can be done seated or standing.

**Strong Stability & Balance-** Looking to improve your balance and strength? Then this class is for you. This class uses a chair to aid in standing balance exercises.

💦 **Twinges for the Hinges-** A resident-led, low-impact water class that mimics everyday movements to help increase range of motion, ease arthritic pain, and strengthen bones and joints.