



November 2025

The Levande

Monday	Tuesday	Wednesday	Thursday	Friday
3 2:15 p.m. – Cardio Drumming	4 10 a.m. – Powerful Movement	5 2:15 p.m. – Strength & Balance	6 10 a.m. – Powerful Movement	7
10	11 10 a.m. – Powerful Movement	12 2:15 p.m. – Strength & Balance	13 10 a.m. – Powerful Movement	14
17 2:15 p.m. – Cardio Drumming	18 10 a.m. – Powerful Movement	19 2:15 p.m. – Strength & Balance	20 10 a.m. – Powerful Movement	21
24 2:15 p.m. – Cardio Drumming	25 10 a.m. – Powerful Movement	26	27 Happy Thanksgiving	28

Class descriptions:

Cardio Drumming

Get your heart rate up with music and rhythm using an exercise ball and bucket as our drums. Mixing in fun moves and familiar music we get the whole body moving—great for coordination, core, balance, strength, and range of motion. Great exercise for all levels—can be done standing or seated. Limit 14 participants.

Strength & Balance

This class focuses on overall functional movements to increase physical strength, balance and mobility for daily living through weight-bearing and resistance exercises. Most exercises can be modified to seated and a chair is available to help with standing/balance exercises. Beginners welcome.

Powerful Movement

Feel stronger, more balanced, and flexible. Join us twice a week focusing on overall physical strength and improving agility and balance through weight-bearing, power, and resistance exercises in an interval format. All major muscle groups will be worked as you progress through intentional circuits to help you improve your strength, reduce aches and pains, and reach your goals. Stretching and mobility exercises will be included to increase flexibility and stability throughout the kinetic chain. Limit 10 participants.