



March 2026

Havenwood of Onalaska

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:30 Rise & Stretch 10:00 Stretch & Balance 1:00 Cardio Drumming</p>	<p>3</p> <p>8:30 Rise & Stretch 10:00 Chair Yoga</p>	<p>4</p> <p>8:30 Rise & Stretch 10:00 Cardio & Cognition 1:00 Cardio Drumming</p>	<p>5</p> <p>8:30 Rise & Stretch 10:00 Stretch & Balance</p>	<p>6</p> <p>8:30 Rise & Stretch 10:00 Chair Yoga 1:00 Guided Relaxation</p>
<p>9</p> <p>8:30 Rise & Stretch 10:00 Stretch & Balance 1:00 Cardio Drumming</p>	<p>10</p> <p>8:30 Rise & Stretch 10:00 Chair Yoga</p>	<p>11</p> <p>8:30 Rise & Stretch 10:00 Cardio & Cognition 1:00 Cardio Drumming</p>	<p>12</p> <p>8:30 Rise & Stretch 10:00 Stretch & Balance</p>	<p>13</p> <p>8:30 Rise & Stretch 10:00 Chair Yoga 1:00 Guided Relaxation</p>
<p>16</p> <p>8:30 Rise & Stretch 10:00 Stretch & Balance 1:00 Cardio Drumming</p>	<p>17</p> <p>8:30 Rise & Stretch 10:00 Chair Yoga</p>	<p>18</p> <p>8:30 Rise & Stretch 10:00 Cardio & Cognition</p>	<p>19</p> <p>8:30 Rise & Stretch 10:00 Stretch & Balance</p>	<p>20</p> <p>8:30 Rise & Stretch 10:00 Chair Yoga 1:00 Guided Relaxation</p>
<p>23</p> <p>8:30 Rise & Stretch 10:00 Stretch & Balance 1:00 Cardio Drumming</p>	<p>24</p> <p>8:30 Rise & Stretch 10:00 Chair Yoga</p>	<p>25</p> <p>8:30 Rise & Stretch 10:00 Cardio & Cognition 1:00 Cardio Drumming</p>	<p>26</p> <p>8:30 Rise & Stretch 10:00 Stretch & Balance</p>	<p>27</p> <p>8:30 Rise & Stretch 10:00 Chair Yoga 1:00 Guided Relaxation</p>
<p>30</p> <p>8:30 Rise & Stretch 10:00 Stretch & Balance 1:00 Cardio Drumming</p>	<p>31</p> <p>8:30 Rise & Stretch 10:00 Chair Yoga</p>			<p>Fitness center is open 6 a.m. to 10 p.m. For membership information call Kristie (608) 615-4692</p>

Class descriptions:

Cardio Drumming

Using a chair and pool noodles, we will drum along to upbeat music to help improve heart health, reduce stress, and exercise our brain cells. This class can be done sitting or standing. 30 minutes.

Rise & Stretch

Seated stretching class to start your morning. 15 minutes.

Cardio & Cognition

Seated full-body aerobic workout with cognitive challenges to engage your brain. This class will help you improve your coordination and ability to multitask while burning calories and getting your heart pumping. 30 minutes.

Stretch & Balance

This gentle class is to help prevent falls by improving flexibility, range of motion and balance. Great class for those suffering from arthritis or any chronic pain. 20 minutes.

Chair Yoga

This class is designed to increase flexibility, balance, and range of motion. In addition to the seated stretches and standing poses, we will also practice breathing and relaxation exercises to reduce stress. 30 minutes.

Guided Relaxation

A class designed to help you relax the body and mind for better sleep, better pain management, decreased anxiety, and improved mood. 20 minutes.