



November 2025

Timber Pines

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
				31/1 Saturday 10:30 a.m. – Resident Led Fitness Class
3 10:30 a.m. – Balance & Mobility	4	5 10:30 a.m. – Stretch & Strength	6	7/8 Saturday 10:30 a.m. – Resident Led Fitness Class
10 10:30 a.m. – Balance & Mobility	11	12 10:30 a.m. – Stretch & Strength	13	14/15 Saturday 10:30 a.m. – Resident Led Fitness Class
17 10:30 a.m. – Balance & Mobility	18	19 10:30 a.m. – Stretch & Strength	20	21/22 Saturday 10:30 a.m. – Resident Led Fitness Class
24 10:30 a.m. – Balance & Mobility	25	26 10:30 a.m. – Stretch & Strength	27 Happy Thanksgiving	28/29 No Saturday Class

Class descriptions:

Balance & Mobility

The Balance & Mobility class is designed to improve strength, coordination, and confidence in daily activities. Through a series of gentle exercises, participants work on enhancing their balance, flexibility, and mobility in a safe, supportive environment. The class focuses on building core stability, improving posture, and preventing falls, while also offering modifications to accommodate different fitness levels.

Stretch & Strength

The Stretch & Strength class combines flexibility exercises with strength-building movements to enhance overall fitness and mobility. This class focuses on improving muscle tone, joint flexibility, and range of motion for improved quality of life and ease of movement. With a variety of low-impact exercises, participants can safely build strength and increase flexibility at their own pace.

Mindful Movement

This class focuses on slow, intentional movements to improve balance, flexibility, and body awareness. Perfect for relaxing the mind while engaging the body.

Gentle Strength

Build strength and confidence with low-impact exercises designed to support joint health, improve muscle tone, and enhance everyday movement—all at a comfortable pace.