



March 2026

Timber Pines

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30 a.m. – Balance & Mobility	3 11 a.m. – Cardio Stretch	4 10:30 a.m. – Stretch & Strength	5	6/7/8 No resident led class Saturday
9 10:30 a.m. – Balance & Mobility	10 11 a.m. – Cardio Stretch	11 10:30 a.m. – Stretch & Strength	12	13/14/15 Saturday 10:30 a.m. – Resident Led Fitness Class
16 10:30 a.m. – Balance & Mobility	17 11 a.m. – Cardio Stretch	18 10:30 a.m. – Stretch & Strength	19	20/21/22 Saturday 10:30 a.m. – Resident Led Fitness Class
23 10:30 a.m. – Balance & Mobility	24 11 a.m. – Cardio Stretch	25 10:30 a.m. – Stretch & Strength	26	27/28/29 Saturday 10:30 a.m. – Resident Led Fitness Class
30 10:30 a.m. – Balance & Mobility	31 11 a.m. – Cardio Stretch			

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.

Cardio Stretch

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