



November 2025

Walker Place

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 a.m. – Base 2 p.m. – Senso Balance	4 9:30 a.m. – Build	5 9:30 a.m. – Base 2:00 p.m. – Cardio Drumming	6 9:30 a.m. – Burn	7 9:30 a.m. – Base
10 9:30 a.m. – Base 2 p.m. – Senso Balance	11 9:30 a.m. – Build	12 9:30 a.m. – Base 2:00 p.m. – Cardio Drumming	13 9:30 a.m. – Burn	14 9:30 a.m. – Base
17 9:30 a.m. – Base 2 p.m. – Senso Balance	18 9:30 a.m. – Build	19 9:30 a.m. – Base 2:00 p.m. – Cardio Drumming	20 9:30 a.m. – Burn	21 9:30 a.m. – Base
24 9:30 a.m. – Base 2 p.m. – Senso Balance	25 9:30 a.m. – Build	26 9:30 a.m. – Base 2:00 p.m. – Cardio Drumming	27 Happy Thanksgiving	28
1 Classes in BLUE are open to all Walker Place residents.	2	3 9:30 a.m. – Base 2:00 p.m. – Cardio Drumming	4 9:30 a.m. – Burn	5 9:30 a.m. – Base

Class descriptions:

Base:

Base will establish proper movements and a base level of conditioning to ensure you are able to find your starting point and progress at your own pace. This is a great class to start with if you are new to working out, needing a consistent schedule, or coming off an injury.

Build:

Build goes off Base and ramps up the intensity. Heavier weights, more new exercises, more FUN. Build will help increase strength, mobility, balance, and overall quality of life. Each class is designed to help you steadily build your strength and confidence, regardless of your starting point.

Burn:

Burn is age-appropriate, high-tension cardio for older adults. This class uses cardio and weights to help burn up calories. Prepare to move, jump, and challenge yourself to the next level.

Senso Balance:

Senso Balance helps improve your balance and coordination while fostering teamwork and sportsmanship. Through fun, engaging exercises, you'll not only build strength but also learn the value of supporting each other in a positive and motivating environment. Perfect for all skill levels—come balance your body and your mindset.

Cardio Drumming:

Cardio Drumming will get your heart pumping and your body moving. Drum to the beat, torch calories, and have fun while boosting your fitness. It's a full body workout that's fun as it is effective. No experience needed – just bring your energy and let's drum up some fun.