



November 2025

Westwood Ridge

Monday	Tuesday	Wednesday	Thursday	Friday
3 10 a.m. – Stronger Bodies	4 10 a.m. – Balance for Life	5	6 10 a.m. – Balance for Life (Standing)	7 10 a.m. – Stronger Bodies
10 10 a.m. – Stronger Bodies	11 10 a.m. – Balance for Life	12 10 a.m. – Stronger Bodies	13 10 a.m. – Balance for Life (Standing)	14 10 a.m. – Stronger Bodies
17 10 a.m. – Stronger Bodies	18 10 a.m. – Balance for Life	19 10 a.m. – Stronger Bodies	20 10 a.m. – Balance for Life (Standing)	21 10 a.m. – Stronger Bodies
24 10 a.m. – Stronger Bodies	25 10 a.m. – Balance for Life	26 10 a.m. – Stronger Bodies	27 Happy Thanksgiving	28

Class descriptions:

Stronger Bodies

Starts with 10 minutes of seated stretching/warm-up exercises specific to the upper body. Leads into 20 minutes of dumbbell exercises, focused on the upper body. Exercises include shoulder press, bicep curls, triceps extensions, and rows. These exercises can be seated or standing.

Balance for Life

Increase your confidence and mobility and decrease your risk of falls in this entry level balance class. This class will include a combination of seated and standing exercises/skills.

Balance for Life (Standing)

A mainly standing balance class for those who want to work on more advanced balance skills. Some seated exercise options will be given from time to time. Everyone can benefit from balance training.

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