



March 2026

Westwood Ridge

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|-----------|--|--|
| 2 10 a.m. – Stronger Bodies | 3 10 a.m. – Balance for Life | 4 | 5 10 a.m. – Balance for Life (Standing) | 6 10 a.m. – Stronger Bodies |
| 9 10 a.m. – Stronger Bodies | 10 10 a.m. – Balance for Life | 11 | 12 10 a.m. – Balance for Life (Standing) | 13 10 a.m. – Stronger Bodies |
| 16 10 a.m. – Stronger Bodies | 17 10 a.m. – Balance for Life | 18 | 19 10 a.m. – Balance for Life (Standing) | 20 10 a.m. – Stronger Bodies |
| 23 10 a.m. – Stronger Bodies | 24 10 a.m. – Balance for Life | 25 | 26 10 a.m. – Balance for Life (Standing) | 27 10 a.m. – Stronger Bodies |
| 30 10 a.m. – Stronger Bodies | 31 10 a.m. – Balance for Life | | | |

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 falling 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 provided from time to time. Everyone can benefit from balance training.