

November 2025 Fitness & Wellness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Line Dancing (GF)	4 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	5 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Clogging 101 (GF)	6 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	7 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF)
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24 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF)	25 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF)	26 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Clogging 101 (GF)	27 Happy Thanksgiving!	28 Classes are canceled for today.

P - Pool GF - Group Fitness Room AR - Activity Room A G - Gym * - Approval Needed

Class times and locations subject to change

November Fitness & Wellness

Can Pickleball add years to your life?

According to the Copenhagen City Heart Study, participation in a racquet sport was associated with a 9.7 year increase in life expectancy. It is because of the unique combination of physical, cognitive and social benefits. Pickleball and tennis require muscular endurance, agility, and balance, as well as eye-hand coordination, mental focus and spatial awareness. But most importantly, the social interaction has been independently linked to reduced all-cause mortality and lower risk of depression and cognitive impairment. Not sure if pickleball is for you? Stop by the courts on Monday, Wednesday, and Friday at 9:15 a.m. and watch your neighbors in action. Pickleball instruction is on Thursdays at 9:15 a.m. You can also borrow a pickleball racquet from Resident Life. They are found in the Exercise Equipment Room on the shelves.

Mental Health Benefits of Practicing Gratitude

Reduced Stress:

A gratitude mindset helps us focus on the present and what we have, reducing worry about the future.

Enhanced Resilience:

Gratitude helps us cope better with challenges. When we face adversity, recognizing the things we're thankful for offers strength and perspective.



Increased Overall Well-being:

By shifting our perspective to the positive, we elevate our mental and emotional well-being.

Improved Mood:

By acknowledging and appreciating the good things in our lives, our feelings of joy and contentment are boosted.

Please feel free to discuss fitness and/or wellness questions, comments, concerns, or suggestions with us.

We value your feedback and look forward to hearing from you!

Patti Kunselman, Wellness Manager, 405-4566 Jaichelle Thomas, Fitness Assistant, 405-4532