

June 2026 Fitness & Wellness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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)	2 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	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 Clogging 101 (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)
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P - Pool GF - Group Fitness Room AR - Activity Room A G - Gym * - Approval Needed

Class times and locations subject to change

June Fitness & Wellness News

Wellness Airlines presents: The Wellness Passport Challenge

June 15th—26th

Sign-up in Resident Life June 1st-5th

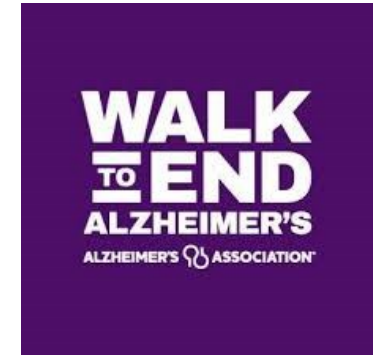
Residents are invited to join a two week self-paced wellness experience traveling to *Fitness Island*. Participants will receive a personalized Wellness Passport to track movement across five categories: cardio, strength, flexibility, balance, and wellness. Each passport includes a guide of activities that fit each category, no daily assignments required, just move at your own pace. Completion levels determine raffle entries for prizes at the end of the journey.

Residents must sign up in advance to receive a passport and have their “passport photo” taken. If you have any questions, call or see Jai in Resident Life.

Don't miss your boarding call for Wellness Airlines
Flight CP2001!

Carlyle Place Memory walk for Alzheimer's

Friday, June 26th
at 10:00 a.m.
Front Entrance



Residents from every neighborhood will gather at the Front Entrance of the main building to walk two laps around the berm. Our walking together shows our commitment to advocate for those who are fighting this disease, as well as to support those who care for them. Alzheimer's may take away their memories but it does not take away the love that we have for them! Be sure to wear purple for this walk!

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