

2026 exercise schedule

Watercrest Shadow Creek Ranch, IL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 am – Gym Buddies</p> <p>10:00 am – 15 Minute Mile</p> <p>3:00 pm – Walking with a Pal</p>	<p>9:00 am – Sit & Fit Select Rehab</p> <p>9:45am – Stretch, Strength and Balance Select Rehab</p> <p>10:30 am –Intermediate Tai Chi – Qigong w/instructor</p> <p>1:00 pm – Stretch, Strength & Balance (20–minute class) Select Rehab</p> <p>1:30 pm – Water Aerobics Select Rehab</p> <p>2:00 pm – Chair Zumba (activities)</p>	<p>9:00 am – Gym Equipment Demo</p> <p>9:00 am – Stretch Strength and Balance Select Rehab</p> <p>9:45 am – Ball Fit Select Rehab</p> <p>11:15 am – Sit & Fit Select Rehab</p> <p>1:00 pm – Stretch, Strength & Balance (20–minute class) Select Rehab</p> <p>1:30pm – Tai Chi</p> <p>3:00 15 Minute Mile</p>	<p>9:00 am – Sit & Fit Select Rehab</p> <p>9:45 am – Stretch Strength and Balance Select Rehab</p> <p>1:00 pm – Chair Yoga Select Rehab</p> <p>1:30 pm Water Aerobics Select Rehab</p> <p>2:00 pm – Line Dancing</p>	<p>9:00 am – Stretch Strength and Balance Select Rehab</p> <p>9:45 am – Sit and Fit Select Rehab</p> <p>10:30 am – Drums Alive Select Rehab</p> <p>1:30 pm – Water Aerobics Select Rehab</p> <p>1:30 pm Beginners Tai Chi – Qigong w/instructor</p>	<p>9:00 am – Sit & Fit Select Rehab</p> <p>9:45 am – Core and Mobility Select Rehab</p> <p>10:30 am –Stretch Strength and Balance Select rehab</p> <p>1:30 pm – Water Aerobics Select Rehab</p> <p>2:30 pm – 15 Minute Mile</p>	<p>10:00 am – 15 Minute Mile</p> <p>10:30 am – Water Aerobics</p> <div style="border: 1px solid black; padding: 10px; margin-top: 20px;"> <p style="text-align: center;">NOTES</p> <p>1st Friday every month Gym equipment demo w/ Select rehab</p> <p>3rd Thursday every month Health talk w/ Select Rehab</p> </div>