



The Lodge
at Candler Hills

November 2025

WELLNESS OFFERINGS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
You Must bring a noodle for Water Aerobics						
2	3 8:30am WCAA Chair Yoga Bring Mat You will be on the floor 10:00am- 12:00pm *Chair Volleyball	4 10am *From the Top – Line Dance Class	5 ★ 8:30am +LIVE Instructor+ Total Body Exercise Class w/ loop Band We will provide	6 10am Water Aerobics Bring a Noodle	7 8:30am WCAA Boomer Beat 5	8
9	10 8:30am WCAA Standing Yoga Bring Mat 10:00am- 12:00pm *Chair Volleyball	11 NO DANCE CLASS	12 8:30am WCAA Interval Training 1 Bring one dumbbell	13 10am Water Aerobics Bring a Noodle	14 8:30am WCAA Cardio Fit 9	15
16	17 8:30am WCAA Chair Yoga Set-up a Chair 10:00am- 12:00pm *Chair Volleyball	18 10am *From the Top – Line Dance Class	19 ★ 8:30am +LIVE Instructor+ Total Body Exercise Class w/ loop Band We will provide	20 10am Water Aerobics Bring a Noodle	21 8:30am Stretch Flex Balance Bring Mat	22
23/30	24 8:30am WCAA Mat Yoga Bring Mat You will be on the floor 10:00am- 12:00pm *Chair Volleyball	25 10am *From the Top – Line Dance Class	26 NO FITNESS CLASS	27 Happy Thanksgiving	28 NO FITNESS CLASS	29

Please check under each class to see if you need to bring any equipment.

*Resident-led