



The Lodge
at Candler Hills

December 2025

WELLNESS OFFERINGS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30am WCAA Chair Yoga Bring Mat You will be on the floor 10:00am- 12:00pm *Chair Volleyball	2 10am *From the Top – Line Dance Class	3 ★ 8:30am +LIVE Instructor+ Total Body Exercise Class w/ loop Band We will provide	4	5	6
7	8	9 10am *From the Top – Line Dance Class	10 ★ 8:30am +LIVE Instructor+ Total Body Exercise Class w/ loop Band We will provide	11	12	13
14	15 8:30am WCAA Standing Yoga Bring Mat 10:00am- 12:00pm *Chair Volleyball	16	17	18	19	20
21	22 8:30am WCAA Chair Yoga Set-up a Chair 10:00am- 12:00pm *Chair Volleyball	23	24	25	26 8:30am WCAA Stretch Flex Balance Bring Mat	27
28	29 8:30am WCAA Mat Yoga Bring Mat. You will be on the floor 10:00am- 12:00pm *Chair Volleyball	30	31			

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