Schedule Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00 Resident-Led Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird DAYLIGHT SAVING TIME ENDS	**2** 9:15 Strength Training (I, A) – Ricky 10:00 Tabata (I, A) – Taylor 10:30 Mobility & Stretch (B, I, A) – Ricky 1:30 Cardio Drumming (B, I, A) – Ricky 2:15 Sittercise (B, I, A) – Ricky 3:30 Skilled Nursing – Taylor 4:00 Assisted Living – Taylor	**3** 8:20 Tai Chi – Ellen Glass 8:30 Water Aerobics – Lee 9:15 Circuit City (I, A) – Ricky 10:30 Functional Strength (B, I, A) – Michelle 1:30 Balance (B, I, A) – Ricky 2:15 Beginner Step Aerobics (B, I) – Michelle 3:00 Best of Barre (B, I, A) – Michelle 4:00 Memory Care – Taylor	**4** 9:15 Strength Training (I, A) – Ricky 10:00 Advanced Stretch (I, A) – Ricky 10:30 Sittersize (B, I, A) – Ricky 11:15 Cardio Drumming (B, I, A) – Michelle 1:30 Beginner Karate (B, I) – Ricky 2:15 Sittercise (B, I, A) – Ricky 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird 3:30 Skilled Nursing – Taylor	**5** 8:30 Water Aerobics – Lee 9:15 Circuit City (I, A) – Nicholas 10:00 Chair Dancing – Judy 11:30 Beginner Step Aerobics (B, I) – Michelle 1:30 Chair Core (B, I, A) – Nicholas 2:15 Chair Stretch (B, I, A) – Nicholas 3:00 Balance (B, I, A) – Michelle 4:00 Memory Care – Taylor	**6** 8:20 Tai Chi – Ellen Glass 9:15 Strength Training (I, A) – Ricky 10:00 Sittercise (B, I, A) – Ricky 10:45 Cardio Drumming (B, I, A) – Ricky	**7** 10:00 Resident-Led Walk 10:00 Pool Volleyball
8 10:00 Resident-Led Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	**9** 9:15 Strength Training (I, A) – Ricky 10:00 Tabata (I, A) – Taylor 10:30 Mobility & Stretch (B, I, A) – Ricky 1:30 Cardio Drumming (B, I, A) – Ricky 2:15 Sittercise (B, I, A) – Ricky 3:30 Skilled Nursing – Taylor 4:00 Assisted Living – Taylor	**10** 8:20 Tai Chi – Ellen Glass 8:30 Water Aerobics – Lee 9:15 Circuit City (I, A) – Ricky 10:30 Functional Strength (B, I, A) – Michelle 1:30 Balance (B, I, A) – Ricky 2:15 Beginner Step Aerobics (B, I) – Michelle 3:00 Best of Barre (B, I, A) – Michelle 4:00 Memory Care – Taylor	**11** 9:15 Strength Training (I, A) – Ricky 10:00 Advanced Stretch (I, A) – Ricky 10:30 Sittercise (B, I, A) – Ricky 11:15 Cardio Drumming (B, I, A) – Michelle 1:30 Beginner Karate (B, I) – Ricky 2:15 Sittercise (B, I, A) – Ricky 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird 3:30 Skilled Nursing – Taylor	**12** 8:30 Water Aerobics – Lee 9:15 Circuit City (I, A) – Nicholas 10:00 Chair Dancing – Judy 11:30 Beginner Step Aerobics (B, I) – Michelle 1:30 Chair Core (B, I, A) – Nicholas 2:15 Chair Stretch (B, I, A) – Nicholas 3:00 Balance (B, I, A) – Michelle 4:00 Memory Care – Taylor	**13** 8:20 Tai Chi – Ellen Glass 9:15 Strength Training (I, A) – Ricky 10:00 Sittercise (B, I, A) – Ricky 10:45 Cardio Drumming (B, I, A) – Ricky **1:30 WALK W/FITNESS CREW (IF WEATHER PERMITS)**	**14** 10:00 Resident-Led Walk 10:00 Pool Volleyball
15 10:00 Resident-Led Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	**16** 9:15 Strength Training (I, A) – Ricky 10:00 Tabata (I, A) – Taylor 10:30 Mobility & Stretch (B, I, A) – Ricky 1:30 Cardio Drumming (B, I, A) – Ricky 2:15 Sittercise (B, I, A) – Ricky 3:30 Skilled Nursing – Taylor 4:00 Assisted Living – Taylor	**17** 8:20 Tai Chi – Ellen Glass 8:30 Water Aerobics – Lee 9:15 Circuit City (I, A) – Ricky 10:30 Functional Strength (B, I, A) – Michelle 1:30 Balance (B, I, A) – Ricky 2:15 Beginner Step Aerobics (B, I) – Michelle 3:00 Best of Barre (B, I, A) – Michelle 4:00 Memory Care – Taylor	**18** 9:15 Strength Training (I, A) – Ricky 10:00 Advanced Stretch (I, A) – Ricky 10:30 Sittercise (B, I, A) – Ricky 11:15 Cardio Drumming (B, I, A) – Michelle 1:30 Beginner Karate (B, I) – Ricky 2:15 Sittercise (B, I, A) – Ricky 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird 3:30 Skilled Nursing – Taylor	**19** 8:30 Water Aerobics – Lee 9:15 Circuit City (I, A) – Nicholas 10:00 Chair Dancing – Judy 11:30 Beginner Step Aerobics (B, I) – Michelle 1:30 Chair Core (B, I, A) – Nicholas 2:15 Chair Stretch (B, I, A) – Nicholas 3:00 Balance (B, I, A) – Michelle 4:00 Memory Care – Taylor	**20** 8:20 Tai Chi – Ellen Glass 9:15 Strength Training (I, A) – Ricky 10:00 Sittercise (B, I, A) – Ricky 10:45 Cardio Drumming (B, I, A) – Ricky	**21** 10:00 Resident-Led Walk 10:00 Pool Volleyball
22 10:00 Resident-Led Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	**23** 9:15 Strength Training (I, A) – Ricky 10:00 Tabata (I, A) – Taylor 10:30 Mobility & Stretch (B, I, A) – Ricky 1:30 Cardio Drumming (B, I, A) – Ricky 2:15 Sittercise (B, I, A) – Ricky 3:30 Skilled Nursing – Taylor 4:00 Assisted Living – Taylor	**24** 8:20 Tai Chi – Ellen Glass 8:30 Water Aerobics – Lee 9:15 Circuit City (I, A) – Ricky 10:30 Functional Strength (B, I, A) – Michelle 1:30 Balance (B, I, A) – Ricky 2:15 Beginner Step Aerobics (B, I) – Michelle 3:00 Best of Barre (B, I, A) – Michelle 4:00 Memory Care – Taylor	**25** 9:15 Strength Training (I, A) – Ricky 10:00 Advanced Stretch (I, A) – Ricky 10:30 Sittercise (B, I, A) – Ricky 11:15 Cardio Drumming (B, I, A) – Michelle 1:30 Beginner Karate (B, I) – Ricky 2:15 Sittercise (B, I, A) – Ricky 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird 3:30 Skilled Nursing – Taylor	**26** HAPPY Thanks Giving	**27**	**28** 10:00 Resident-Led Walk 10:00 Pool Volleyball
29 10:00 Resident-Led Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	**30** 9:15 Strength Training (I, A) – Ricky 10:00 Tabata (I, A) – Taylor 10:30 Mobility & Stretch (B, I, A) – Ricky 1:30 Cardio Drumming (B, I, A) – Ricky 2:15 Sittercise (B, I, A) – Ricky 3:30 Skilled Nursing – Taylor 4:00 Assisted Living – Taylor	THE SPIRES AT BERRY COLLEGE				

HEALTH & FITNESS November 2026

A = Advanced Level
B = Beginner Level
I = Intermediate Level