BOUNDLESS

Exercise Class Calendar

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. 10:00 Muscle Toning 11:00 Gentle Yoga	2. 10:00 Cardio Drumming 11:00 Tai Chi	3. 10:00 Muscle Toning
4.	5. 10:00 Tai Chi	6. 10:00 Muscle Toning ~~11:00 Gentle Yoga~~	7. 10:00 Balance & Agility ~~11:00 Line Dancing~~ 11:00 Mindful Movement (HR) 2:30 Wii Bowling (HR) 4:30 Mat Yoga	8. 10:00 Muscle Toning 11:00 Gentle Yoga	9. 10:00 Cardio Drumming 11:00 Tai Chi	10. 10:00 Muscle Toning
11.	12. 10:00 Tai Chi	13. 10:00 Muscle Toning 11:00 Gentle Yoga	14. 10:00 Balance & Agility 11:00 Line Dancing 11:00 Mindful Movement (HR) 4:30 Mat Yoga	15. 10:00 Muscle Toning 11:00 Gentle Yoga 4:15 Total Body Workout	16. 10:00 Cardio Drumming 11:00 Tai Chi	17. 10:00 Muscle Toning
18.	19. 10:00 Tai Chi	20. 10:00 Muscle Toning 11:00 Gentle Yoga	21. 10:00 Balance & Agility 11:00 Line Dancing 11:00 Mindful Movement (HR) 2:30 Wii Bowling (HR) 4:30 Mat Yoga	22. 10:00 Muscle Toning 11:00 Gentle Yoga 4:15 Total Body Workout	23. 10:00 Cardio Drumming 11:00 Tai Chi	24. Boundless Wellness Open House 10am -12pm
25.	26. 10:00 Tai Chi	27. 10:00 Muscle Toning 11:00 Gentle Yoga	28. 10:00 Balance & Agility 11:00 Line Dancing 11:00 Mindful Movement (HR) 2:30 Wii Bowling (HR) 4:30 Mat Yoga	29. 10:00 Muscle Toning 11:00 Gentle Yoga 4:15 Total Body Workout	30. 10:00 Cardio Drumming 11:00 Tai Chi	10:00 Muscle Toning

Class sizes are limited. Advance sign up by phone is required. Please call **860-658-3750** to reserve your spot.

50 Sarah Lane | Simsbury, CT 06070 | ExploreMcLean.org | 860-658-3700

McLean

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Class Descriptions

Balance & Agility Class
Enhance balance and agility through specialized exercises and activities.

Cardio Drumming
Cardio Drumming is a fun and lively class using large exercise balls as drums. Under the guidance of the instructor, follow along to the music using upbeat choreography that will challenge both the body and the mind.

Gentle Yoga
Gentle Yoga is practiced primarily seated with some standing stretches and balancing poses. Its focus is on alignment, breath, and mindfully flowing postures. It's suitable for beginners, people with limited flexibility or mobility, and those looking for a restorative practice.

Line Dancing
Line Dancing combines fun, balance, coordination, and cardio in an upbeat class perfect for all skill levels.

Muscle Toning
Muscle Toning is a multi-level class focusing on whole body strength and conditioning. Improve your stamina, agility, and balance through a variety of resistance-based exercises using balls, bands, and weights.

Tai Chi
Tai Chi is a slow and flowing sequence of movement to improve balance and focus, followed by guided meditation. This class is performed in both seated and standing positions.

Total Body Workout
Total Body Workout is a complete session combining cardio, strength, and stretching to boost energy, build strength, and enhance flexibility.