BOUNDLESS

Exercise Class Calendar

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. 10:00 Tai Chi 3:00 Ballroom Dancing	3. 10:00 Muscle Toning 11:00 Gentle Yoga	4. 10:00 Balance & Agility 11:00 Line Dancing 11:00 Mindful Movement (HR) 4:30 Mat Yoga	5. 10:00 Muscle Toning 4:15 Total Body Workout	6. 10:00 Cardio Drumming 11:00 Movement for Parkinson	7. 10:00 Muscle Toning
8.	9. 10:00 Tai Chi	10. 10:00 Muscle Toning 11:00 Gentle Yoga	11. 10:00 Balance & Agility 11:00 Line Dancing 11:00 Mindful Movement (HR) 3:00 Wii Bowling (HR) 4:30 Mat Yoga	12. 10:00 Muscle Toning 11:00 Stretch & Reset 4:15 Total Body Workout	13. 10:00 Cardio Drumming 11:00 Movement for Parkinson	14. 10:00 Muscle Toning
15.	16. 10:00 Tai Chi 3:00 Ballroom Dancing	17. 10:00 Muscle Toning 11:00 Gentle Yoga	18. 10:00 Balance & Agility 11:00 Line Dancing 11:00 Mindful Movement (HR) 4:30 Mat Yoga	19. 10:00 Muscle Toning 11:00 Stretch & Reset 4:15 Total Body Workout	20. 10:00 Cardio Drumming 11:00 Movement for Parkinson	21. 10:00 Muscle Toning
22.	23. 10:00 Tai Chi	24. 10:00 Muscle Toning 11:00 Gentle Yoga	25. 10:00 Balance & Agility 11:00 Line Dancing 11:00 Mindful Movement (HR) 3:00 Wii Bowling (HR) 4:30 Mat Yoga	26. Happy Thanksgiving!	27. No classes / gym open	28. 10:00 Muscle Toning
29.	30. 10:00 Tai Chi					

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.

Ballroom Dancing
Learn basic ballroom dance steps, including the Waltz, Foxtrot, and Swing, in a fun and welcoming class. Improve balance, coordination, and confidence while moving to music. No partner or previous dance experience required.

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.

Movement for Parkinson's
Movement for Parkinson's focuses on improving balance, coordination, flexibility, and mobility through a combination of exercises incorporating elements of Tai Chi and Qi Gong. The class is designed to support everyday movement and overall well-being.

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.