HORTON PLAZA FITNESS CALENDAR NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Fitness Challenge Begins 10:00 Dancerise (EB) 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Sound Bath Meditation (TR) 4:00 Sunset Yoga Flow (EB)	**3** 10:00 PC Circuits (FC) 10:30 Balance (EB) 11:00 Chair Yoga (EB) 1:00 Chair Volleyball with Jess (EB)	**4** 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Tabata (EB) 2:00 Knockout Parkinsons (FC) 4:00 Sound Bath Meditation (EB)	**5** 10:00 PC Circuits (FC) 10:30 Circuits (EB) 11:00 Latin Chair Cardio (EB) 1:00 Sound Bath Meditation (TR)	**6** 10:00 Stick Mobility (EB) 10:30 Chair Pilates (EB) 11:00 Chair Volleyball (EB) 2:00 Knockout Parkinsons (FC) 4:00 Sunset Yoga Flow (EB)
9 10:00 Dancerise (EB) 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Sound Bath Meditation (TR) 4:00 Sunset Yoga Flow (EB)	**10** 10:00 PC Circuits (FC) 10:30 Weights (EB) 11:00 Chair Yoga (EB) 1:00 Chair Volleyball with Jessica (EB)	**11** 10:30 Weights (EB) 11:30 Stretch (EB) 1:00 Tabata (EB) 2:00 Knockout Parkinsons (FC) 4:00 Sunset Yoga Flow (EB)	**12** 10:00 PC Circuits (FC) 10:30 Circuits (EB) 11:00 Latin Chair Cardio (EB) 1:00 Sound Bath Meditation (TR)	**13** 10:00 Stick Mobility (EB) 10:30 Chair Pilates (EB) 11:00 Chair Volleyball (EB) 2:00 Knockout Parkinsons (FC) 4:00 Sunset Yoga Flow (EB)
16 10:00 Dancerise (EB) 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Sound Bath Meditation (TR) 4:00 Sunset Yoga Flow (EB)	**17** 10:00 PC Circuits (FC) 10:30 Stretch (EB) 11:00 Chair Yoga (EB) 1:00 Chair Volleyball with Jessica (EB)	**18** 10:30 Weights (EB) 11:30 Stretch (EB) 1:00 Tabata (EB) 2:00 Knockout Parkinsons (FC) 4:00 Sunset Yoga Flow (EB)	**19** 10:00 PC Circuits (FC) 10:30 Circuits (EB) 11:00 Latin Chair Cardio (EB) 1:00 Sound Bath Meditation (TR)	**20** 10:00 Stick Mobility (EB) 10:30 Chair Pilates (EB) 11:00 Chair Volleyball (EB) 2:00 Knockout Parkinsons (FC) 4:00 Sunset Yoga Flow (EB)
23 10:00 Dancerise (EB) 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Sound Bath Meditation (TR) 4:00 Sunset Yoga Flow (EB)	**24** 10:00 PC Circuits (FC) 10:30 Stretch (EB) 11:00 Chair Yoga (EB) 1:00 Chair Volleyball with Jessica (EB)	**25** 9:00 Turkey Trot (FC) 10:30 Weights (EB) 11:00 Stretch (EB) 2:00 Knockout Parkinsons (FC) 4:00 Sunset Yoga Flow (EB)	**26** HAPPY THANKSGIVING 	**27** 11:00 Chair Volleyball (EB)

Room Key

FC FITNESS CENTER • EB ELSIE BUTLER • CY COURTYARD • TR THEATER ROOM

RH RETTA HORTON • SD SUNDECK • FL FRONT LOBBY • OS OFF SITE

541-770-1122 | 1122 Spring Street, Medford, OR 97504 | www.hortonplaza.info
Please contact Ging with questions or for 1-1 training

HORTON Plaza

HORTON PLAZA FITNESS CLASS DESCRIPTION

WEIGHTS
Build strength and support bone health.

PC CIRCUITS
Energizing workouts for PC residents to build strength, balance and coordination.

SOUND BATH MEDITATION
Relax with guided and calming sounds to reduce stress, enhance rest and relaxation.

SUNSET YOGA FLOW
A gentle indoor or outdoor yoga flow as the sun sets to end the day.

STRETCH
Gentle stretches to improve flexibility and posture.

CIRCUITS
A fun, energizing workout to improve endurance.

DANCERCISE
Fun dance moves to improve cardiovascular health and mood.

KNOCKOUT PARKINSON'S
Boxing-inspired class to improve strength, balance and confidence.

BALANCE
Exercises to improve stability and prevent falls.

TABATA
Short bursts of high-intensity exercise followed by brief recovery periods to build strength, endurance, and cardiovascular fitness.

LATIN CHAIR CARDIO
Dance to Latin rhythms seated or using a chair for balance.

STICK MOBILITY
Improve mobility, posture and stability using sticks.

CHAIR YOGA
Gentle yoga for flexibility, balance and relaxation

CHAIR VOLLEYBALL
A fun, social game to build coordination and upper body strength.

CHAIR PILATES
Low-impact exercises to strengthen your core.

GINGTALK
Informative talks with Ging on health, wellness, and lifestyle topics.

ROOM KEY

FC Fitness Center • EB Elsie Butler • CY Courtyard • TR Theater Room
RH Retta Horton • SD Sundeck • FL Front Lobby • OS Off Site

CONTACT

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