ForeverWell Classes

**Mondays:**
- 8:15-9:00am: Water X
- 9:15-10:00am: M4BB
- 10:15-11:10am: Drums Alive
- 11:15-noon: SilverSneakers® Classic
- 12:05-12:50pm: Water X

**Tuesdays:**
- 8:15-9:00am: Water X
- 10:35-11:05am: ForeverWell Balance
- 11:15-noon: SilverSneakers® Yoga

**Wednesdays:**
- 8:15-9:00am: Water X Bootcamp
- 10:15-11:10am: Cardio Dance
- 11:15-noon: ForeverWell® Combo
- 12:05-12:50pm: Water X

**Thursdays:**
- 8:15-9:00am: Water X Power
- 11:15-noon: SilverSneakers® Circuit

**Fridays:**
- 7:15-8:00am: ForeverWell Water X
- 10:15-11:10am: ForeverWell Cardio
- 11:15-noon: SilverSneakers® Cardio
- 12:05-12:50pm: Water X

**Saturdays:**
- 8:00-8:45am: Water X Power
- 9:40-10:40am: Tai Chi Instructor Training
- 10:45-11:45: Tai Chi Practice

**Sundays:**
- 10:30-11:30am: Deep Water X Power

Pre-Holidays Potluck
November 22nd
12-2pm Studio A

Join together before the holiday hustle and bustle for a Potluck to celebrate the New Social Club:

**Your Two Cents Matter**

We’ll talk about some of the exciting things coming up in January and this will also give you the opportunity to put in your two cents about what you’d like to see on the Social side of Blaisdell. Movies, Knitting, Book Club, Restaurants, Travel Opportunities, and plenty more. We’re looking for your interests and how to make them happen through the Blaisdell YMCA.

Blaisdell’s first ever Friendly Holiday Hop
Friday December 13th
4pm-7pm

ForeverWell Fitness Find-Out
Wednesday, Nov 25th 9:45-10:15
Thursday, Nov 7th 10:30-11:00
Fitness Floor

Come to the Fitness Floor and Find-Out exercises that you can add to your current routine. Learn some technology on the treadmills and bikes and ask a certified personal trainer any questions you have.

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Orthology at the Y presents:

**Stabilizing & Repairing your Gait**

**Wednesday, November 20th**

1:00–2:00pm

**Location: The Warehouse**

Come learn about how you can stabilize and repair your gait. This 60 minute workshop will give you exercises to do in the comfort of your own home and help you decide if you need to see a medical professional.

**November 7th**

ages 60+ Free

Senior Preview Night.

Maplewood Community Center

2100 White Bear Ave

Maplewood, MN 55109

*Look for more information on ForeverWell board*

**Questions? Comments?**

Tami Holtan, ForeverWell Coordinator
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Phone: 612-671-8702

Ramona Vann, Group Fitness Manager
Email: Ramona.vann@ymcamn.org
Phone: 612-371-8708

**Holiday hours:**

Thanksgiving 11/28
open 7am–12pm

Special Holiday Group Exercise Schedule TBD 11/28–11/29

Christmas Eve 12/24
open 7am–12pm

Christmas Day 12/25 CLOSED

Special Holiday Group Exercise Schedule TBD 12/22–12/27

**Tree Lot Open!**

Friday November 29th through December 22nd* or until sold out!

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