



ForeverWell Group Exercise Schedule - Land

Downtown St. Paul | SEPTEMBER 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ForeverWell Strength	9:30 - 10:15am <i>STUDIO B</i>		9:30 - 10:15am <i>STUDIO B</i>				
ForeverWell Stretch					10:00 - 10:30am <i>STUDIO A</i>		
Mat Pilates	12:05-1pm & 6-7pm <i>STUDIO A</i>		9:30 - 10:15am <i>STUDIO A</i>				8:30-9:30am <i>STUDIO A</i>
Tai Chi: Move 4 Better Balance					9:30 - 10:00am <i>STUDIO A</i>		
SilverSneakers® Yoga		9:30 - 10:15am <i>STUDIO A</i>		9:30am - 10:15am <i>STUDIO A</i>			
Gentle Yoga			1:00 - 1:45pm <i>STUDIO B</i>			9:45 - 10:45am <i>STUDIO A</i>	
Restorative Yoga							12:30pm - 1:15pm <i>STUDIO A</i>



ForeverWell Group Exercise Schedule - Water

Downtown St. Paul YMCA | SEPTEMBER 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Exercise				11:15am - 12pm <i>POOL</i>			
Water Tabata		11:15am - 12pm <i>POOL</i>					