



ForeverWell Group Exercise Schedule - Land

ELK RIVER | May 28 - September 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre Fusion IMPACT: HIGH			9:15am - 10:00am <i>STUDIO B</i>				
Chair Yoga IMPACT: LOW		10:40am - 11:40am <i>STUDIO B</i>					
ForeverWell Cardio IMPACT: MEDIUM		8:30am - 9:15am <i>STUDIO B</i>	10:15am - 11:00am <i>STUDIO B</i>		8:30am - 9:15am <i>STUDIO B</i>		
ForeverWell Combo IMPACT: MEDIUM		9:40am - 10:25am <i>OUTSIDE</i>		9:30am - 10:15am <i>OUTSIDE</i>			
ForeverWell Strength IMPACT: MEDIUM	10:30am - 11:00am <i>STUDIO B</i>						
Gentle Yoga IMPACT: MEDIUM					10:40am - 11:40am <i>STUDIO B</i>		
Line Dancing IMPACT: MEDIUM				8:30am - 9:15am <i>STUDIO B</i>			
Meditation (Qigong) IMPACT: LOW	11:15am - 12:15pm <i>STUDIO B</i>	7:15pm - 8:15pm <i>STUDIO B</i>					
Nordic Walking IMPACT: LOW		7:00am - 8:00am <i>HALF GYM</i>		7:00am - 8:00am <i>HALF GYM</i>			
SilverSneakers® Classic IMPACT: LOW				10:40am - 11:40am <i>STUDIO B</i>			
Tai Chi: Move 4 Better Balance IMPACT: LOW	12:15pm - 12:45pm <i>STUDIO B</i>						
Zumba Gold IMPACT: MEDIUM	9:30am - 10:15am <i>GYM</i>						



ForeverWell Group Exercise Schedule - Water

ELK RIVER | May 28 - Sept. 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Zumba® IMPACT: MEDIUM - HIGH			11:15am - 12:00pm <i>LEISURE POOL</i>	11:00am - 11:45 <i>LEISURE POOL</i>			
Arthritis Water X IMPACT: LOW - MEDIUM		9:00am - 10:00am <i>LEISURE POOL</i>		9:00am - 10:00am <i>LEISURE POOL</i>			
ForeverWell Water X IMPACT: LOW - MEDIUM	10:15am - 11:00am <i>LEISURE POOL</i> 11:15am - 12:00pm <i>LEISURE POOL</i>	10:00am - 11:00am <i>Lap Pool</i>		10:00am - 11:00am <i>LAP POOL</i>	11:15am - 12:00pm <i>LEISURE POOL</i>		
Water Boot Camp IMPACT: MEDIUM - HIGH	7:15pm - 8:00pm <i>LAP POOL</i>		9:15am - 10:00am <i>LAP POOL</i>				
Water Interval Training IMPACT: MEDIUM - HIGH			6:00am - 6:45am <i>LAP POOL</i>				
Water Tabata IMPACT: MEDIUM - HIGH	9:15am - 10:00am <i>LAP POOL</i>						
Water X IMPACT: LOW - MEDIUM					4:15pm - 5:00pm <i>LAP POOL</i>		
Water X Power IMPACT: MEDIUM - HIGH		6:00am - 7:00am <i>LAP POOL</i>	7:15pm - 8:00pm <i>LAP POOL</i>		9:15am - 10:00am <i>LAP POOL</i>	8:00am - 8:45am <i>LAP POOL</i>	