ForeverWell Group Exercise
Class Descriptions

BRIDGE TO FITNESS - A fun & friendly 30 minute seated class that focuses on gradually adding strength, joint mobility and class confidence. A perfect place to start your fitness journey at the Y.

TAI CHI FOR HEALTH INSTRUCTION - Tai... big or great. Chi...ultimate energy. Tai chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. You will learn the first 21 movements of the Sun style from instructors extensively trained in the martial arts. Exercise for your body. A study in concentration for your mind. No experience necessary.

TAI CHI FOR HEALTH PRACTICE - Tai Chi practice will give you the opportunity to use all the information and movements learned in the Instruction class (see above) in a moving meditation.

TAI CHI 2 - Tai Chi for Health 2 adds new movements to those covered in Tai Chi for Health Practice. The mindful movement of Tai Chi can decrease stress, improve balance and strength, and boost your health and well-being.

LINE DANCING - You’ll learn a variety of line dances and western struts in this class. It’s a fun and very social way to exercise. No partner needed. Shoes with leather soles work best.

SILVER SNEAKERS YOGA - This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. You never have to get on the floor in any Silver Sneakers Class.

SILVER SNEAKERS CLASSIC - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. You never have to get on the floor in any Silver Sneakers class.

SILVER SNEAKERS CIRCUIT - Combine fun with fitness to increase your cardiovascular and muscular endurance / power with a standing circuit workout. Upper body strength work with handheld weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. You never have to get on the floor in a Silver Sneakers Class.

FOREVERWELL BALANCE AND STRETCH - Improve your balance, mobility and agility through a series of skills and drills designed to utilize the body balance systems in ways that closely imitate life. Increase range of motion and flexibility through gentle stretches. Some floor work.
FOREVERWELL STRETCH - Increase range of motion and flexibility in this relaxing class that stretches your muscles, gently and gradually. Feel lighter, confident and more fluid in your movement. Some floor work.

FOREVERWELL YOGA - Build strength and flexibility, reduce stress and tension and increase your overall health, energy and vitality in this self-pacing class. Use of props may ease participants into gentle stretches that will increase balance, flexibility and range of motion. Some floor work.

FOREVERWELL CARDIO - This special low-impact aerobic class is designed to improve your cardiovascular fitness, tone your muscles and increase your range of motion.

ZUMBA GOLD - Zumba Gold is guaranteed to provide you with a safe and effective total body workout using dance moves and rhythms from Cumbia, Salsa, Merengue, Tango, Rumba, Cha-Cha and many others. It’s designed to be a little easier to follow than Zumba but by no means less fun.

POOL CLASSES

ARTHRITEIS WATER EXERCISE - This class allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a certified instructor, will help you gain strength and flexibility. Excellent for beginning or returning exercisers, and strengthening for pre-surgery and post-surgery.

FOREVERWELL WATER EXERCISE - This class is designed with the active older adult in mind and combines a light to moderate aerobic workout with exercises in the shallow and/or deep water to help increase endurance, core strength and flexibility. There is limited use of equipment.

WATER EXERCISE - This class combines a light to moderate aerobic workout with exercises in the shallow and/or deep water to help increase endurance, core strength and flexibility. There is limited use of equipment. The instructor leads participants through cardio movements such as walking, jogging, kicking, cross-country ski movements and jumping jacks.

SALSA SPLASH - Get your groove on in the pool! Enjoy this fun dance class with the physical benefits of low impact and resistance of the water.

WATER EXERCISE POWER - This class provides a high-intensity workout that includes a combination of shallow and deep water exercises to increase strength and endurance for the upper and lower body and core. A variety of equipment is used. The instructor leads participants through cardio movements such as walking, jogging, kicking, cross-country ski movements and jumping jacks.

WATER EXERCISE BOOTCAMP - This class leads participants through a rugged workout of sports drills, circuits and interval training in the shallow and/or deep water. Using the properties of water, these exercises are designed to improve your strength and stamina. Instructors use an athletic approach that emphasizes coordination and agility.

WATER TABATA - Tabata interval training is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple, yet intense Exercises allows each class to blast away the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for.