



FOREVERWELL

MAY 2024 | HUDSON YMCA



Wednesday May 29th

National Senior Health and Fitness Day is celebrated on the last Wednesday of May as part of the Older Adult Americans Month.

Bring a friend to the Y for free and try a ForeverWell Class:

8:10 AM – Water Ex

9:15 AM – SS Classic

10:15 AM – SS Yoga

1:00 PM – Line Dancing Beginning

2:00 PM – Line Dancing Intermediate



ForeverWell **Golden Gala**

Saturday, May 11th 4:00-7:00PM at Camp St Croix

Join us for a night of socializing, dancing, and great food. There will be a pasta dinner from Tinnucis and live music by the St. Croix Boomer Band. This event is open to the community so bring your friends. Hosted by The Hudson Y ForeverWell and Youth Action Hudson Programs. See Flyer for more details.

Register at Member Services. \$10 per person.

Container Gardening Demonstration by Dana McKenna

Wednesday May 22nd 1:00-2:30PM Studio 2

Come and get your hands dirty as St. Croix Valley Master Gardeners Association presents a hands on demonstration of container gardening. Everyone will create and bring home their own 10 inch container with seasonal flowers.

Register at Member Services. Limit 20. Free.

BRANCH HOURS

MONDAY-FRIDAY 5AM – 9PM
SATURDAY-SUNDAY 7AM – 5PM

HUDSON YMCA

2211 VINE STREET
HUDSON, WI 54016-1899
WWW.YMCANORTH.ORG



FOREVERWELL EXERCISE CLASSES

MONDAY :

8:10 AM - FOREVERWELL WATER EXERCISE

8:15 AM - SILVERSNEAKERS YOGA

9:15 AM - SILVER SNEAKERS CLASSIC

TUESDAY :

7:30 AM - FOREVERWELL WATER EXERCISE

8:00 AM - FOREVERWELL CYCLE (30 MINUTE CLASS)

9:00 AM - NORDIC WALKING

9:15 AM - SILVERSNEAKERS YOGA

10:15 AM - SILVERSNEAKERS CIRCUIT

WEDNESDAY:

8:10 AM - FOREVERWELL WATER EXERCISE

8:15 AM - SILVERSNEAKERS CLASSIC

9:15 AM - SILVERSNEAKERS YOGA

10:15 AM - SILVERSNEAKERS CLASSIC

1:00 PM - LINE DANCING BEGINNING

2:00 PM - LINE DANCING INTERMEDIATE

THURSDAY :

7:30 AM - FOREVERWELL WATER EXERCISE

8:00 AM - FOREVERWELL CYCLE (30 MINUTE CLASS)

8:15 AM - SILVERSNEAKER YOGA

9:15 AM - SILVERSNEAKER CIRCUIT

11:15 AM - FOREVERWELL STRETCH AND BALANCE

FRIDAY :

7:30 AM - FOREVERWELL WATER EXERCISE

9:15 AM - SILVERSNEAKERS CIRCUIT

MEMORIAL DAY HOURS:

Monday, May 27th

7:00AM-12:00PM

FOREVERWELL ORIENTATION

ARE YOU NEW TO THE Y? LEARN ABOUT FITNESS OFFERINGS, HOW TO REGISTER FOR CLASSES & ACTIVITIES AND GET A TOUR.

Tuesdays at 11:30AM or

Thursdays at 1:00PM Sign up at Member Services.



I AM HERE TO HELP

IF YOU WOULD LIKE MORE INFORMATION ON PROGRAMS OR CLASSES, PLEASE REACH OUT BY PHONE OR EMAIL YOUR FOREVERWELL COORDINATOR :

LEAH.KROLL@ YMCANORTH .ORG
OR CALL DIRECTLY
651-435-6734

FITNESS ASSESSMENT

AFTER COMPLETING YOUR FOREVERWELL ORIENTATION, SIGN UP AT MEMBER SERVICES FOR A COMPLIMENTARY FITNESS ASSESSMENT WITH A PERSONAL TRAINER! AVAILABLE TO FOREVERWELL MEMBERS WHO ARE NEW OR RETURNING.

FOREVERWELL SOCIAL ACTIVITIES

MONDAY : WOODCARVING

2:30 PM

STUDIO 2

BRING YOUR OWN SUPPLIES

CONVERSATIONS & CONNECTIONS

MEETS 3RD MON OF EACH MONTH AT 11:30 AM

COMMUNITY ROOM

TUESDAY : NORDIC WALKING

9:00 AM

MEET IN LOBBY

POLES AVAILABLE

BOOK CLUB

MEETS 2ND TUES OF EACH MONTH AT 10:15AM

SEE ATTACHED FLYER FOR BOOK LIST

COMMUNITY ROOM

WEDNESDAY: TABLE GAMES

10:00 AM

COMMUNITY ROOM

KNITTING GROUP

1:00 PM

COMMUNITY ROOM

THURSDAY : MAH JONGG - NEWCOMERS WELCOME

12:30 PM

COMMUNITY ROOM

FRIDAY : PING PONG AND BAGS

10:15 AM

STUDIO 2

WE ARE THANKFUL TO
DIANA B. FOR THE
GENEROUS DONATION
OF A **NEW PING PONG
TABLE!** IT BRINGS LOADS
OF FUN TO ALL!

