



# ForeverWell Group Exercise Schedule - LAND

ANDOVER YMCA | AUGUST 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ForeverWell Cycle		10:00-10:30am <i>STUDIO 1</i>					
ForeverWell Combo		10:15am-11:00am <i>STUDIO 3</i>					
ForeverWell Strength		10:10-10:40am <i>ARBOR ESTATES</i>		10:10-10:40am <i>ARBOR ESTATES</i> 12:00-12:30pm <i>STUDIO 2</i>			
Chair Yoga	11:35am-12:20pm <i>STUDIO 2</i>						
Gentle Yoga				11:00-11:45am <i>STUDIO 3</i>			
Meditation				11:45am-12:00pm <i>STUDIO 3</i>			
SilverSneaker Classic	10:45-11:30am <i>STUDIO 3</i> 11:35am-12:20pm <i>STUDIO 3</i>		10:30am-11:15am <i>STUDIO 3</i>		10:45am-11:30am <i>STUDIO 3</i>		
SilverSneaker Yoga					11:35am-12:05pm <i>STUDIO 3</i>		
Studio Strength & Cardio	10:35am-11:20am <i>STUDIO 2</i>				8:00am-8:45am <i>STUDIO 3</i>		
Tai Chi	8:30am-9:00am <i>FRONT LAWN</i> <i>(weather permitting)</i>	9:30-10:00am <i>ARBOR ESTATES</i>	8:30am-9:00am <i>FRONT LAWN</i> <i>(weather permitting)</i>	9:30-10:00am <i>ARBOR ESTATES</i>			
Yoga	9:35am-10:30am <i>STUDIO 2</i>		9:30am-10:25am <i>STUDIO 3</i>		9:30am-10:40am <i>STUDIO 3</i>		8:30-9:30am <i>STUDIO 3</i> 2:00pm-3:00pm <i>STUDIO 3</i>
Yoga Flow					12:00pm-1:00pm <i>STUDIO 2</i>		5:05pm-6:05pm <i>STUDIO 2</i>



# ForeverWell Group Exercise Schedule - WATER

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Deep Water Exercise</b>			8:10am-8:55am <i>LAP POOL</i>				
<b>H2O Flow</b>			6:00am - 6:45am <i>LEISURE POOL</i>		6:00am-6:45am <i>LEISURE POOL</i>		
<b>Shallow Water Exercise</b>	8:10am-8:55am <i>LAP POOL</i>  9:05am-9:50am <i>LAP POOL</i>	8:10am-8:55am <i>LAP POOL</i>		8:10am-8:55am <i>LAP POOL</i>	9:05am-9:55am <i>LAP POOL</i>	7:30am-8:15am <i>LAP POOL</i>	
<b>Water Interval Training</b>	7:00am-7:45am <i>LAP POOL</i>	7:00am-7:45am <i>LAP POOL</i>	7:00am-7:45am <i>LAP POOL</i>	7:00am-7:45am <i>LAP POOL</i>	7:00am-7:45am <i>LAP POOL</i>		