



## ForeverWell Group Exercise Schedule - Land

BURNSVILLE | EFFECTIVE SEPTEMBER 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ForeverWell Cardio</b>	8:30am - 9:00am <i>STUDIO A</i>		8:30am - 9:00am <i>STUDIO A</i>		8:30am - 9:00am <i>STUDIO A</i>		
<b>ForeverWell Strength</b>	9:00am - 9:25am <i>STUDIO A</i>		9:00am - 9:25am <i>STUDIO A</i>		9:00am - 9:25am <i>STUDIO A</i>		
<b>ForeverWell Yoga</b>	12:35pm - 1:20pm <i>STUDIO B</i>	11:00am - 11:55am <i>STUDIO B</i>	12:45pm - 1:30pm <i>STUDIO B</i>	11:00am - 11:55am <i>STUDIO B</i>			
<b>Functional Fitness</b>	10:45am - 11:30am <i>STUDIO B</i>		10:45am - 11:30am <i>STUDIO B</i>		10:45am - 11:30am <i>STUDIO B</i>		
<b>Meditation</b>			1:30pm - 1:45pm <i>STUDIO B</i>				
<b>SilverSneakers® Circuit</b>	11:45am - 12:30pm <i>STUDIO B</i>		11:45am - 12:30pm <i>STUDIO B</i>		11:45am - 12:30pm <i>STUDIO B</i>		
<b>SilverSneakers® Classic</b>		8:30am - 9:15am <i>STUDIO B</i>  12:00pm - 12:45pm <i>STUDIO B</i>		8:30am - 9:15am <i>STUDIO B</i>  12:00pm - 12:45pm <i>STUDIO B</i>			
<b>SilverSneakers® Yoga</b>					12:35pm - 1:15pm <i>STUDIO B</i>		
<b>Tai Chi For Health</b>		1:15pm - 2:00pm <i>STUDIO A</i>		1:15pm - 2:00pm <i>STUDIO B</i>			
<b>Zumba Gold</b>	7:30am - 8:00am <i>STUDIO B</i>		7:30am - 8:00am <i>STUDIO B</i>				



## ForeverWell Group Exercise Schedule - Water

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Arthritis Water Exercise</b>	11:00am - 11:45am <i>LAP POOL</i>		11:00am - 11:45am <i>LAP POOL</i>				
<b>Deep Water Exercise</b>			6:30am - 7:15am <i>LAP POOL</i>	8:05am - 8:50am <i>LAP POOL</i>			
<b>ForeverWell Water Exercise</b>	9:00am - 9:45am <i>LAP POOL</i>	11:00am - 11:45am <i>LAP POOL</i>	9:00am - 9:45am <i>LAP POOL</i>	11:00am - 11:45am <i>LAP POOL</i>	9:00am - 9:45am <i>LAP POOL</i>		
<b>H2O Flow</b>		8:00am - 8:45am <i>LAP POOL</i>					

**Pool is closed for maintenance and will reopen on Wednesday, September 4.**