



## ForeverWell Group Exercise Schedule - Land

EAGAN | January 1 - 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ForeverWell Balance</b>		10:35am-11:05am <i>STUDIO B</i>		10:30am-11:00am <i>STUDIO B</i>			
<b>Cardio Dance</b>					8:30am-9:15am <i>STUDIO A</i>		
<b>Line Dancing (beginning)</b>				1:30pm-2:30pm <i>STUDIO A</i>			
<b>Line Dancing (intermediate)</b>				2:30pm-3:30pm <i>STUDIO A</i>			
<b>SilverSneakers® Circuit</b>		8:30am-9:25am <i>STUDIO A</i>		8:30am-9:25am <i>STUDIO A</i>			
<b>SilverSneakers® Classic</b>	1:30pm-2:15pm <i>STUDIO A</i>		1:30pm-2:15pm <i>STUDIO A</i>		1:30pm-2:15pm <i>STUDIO A</i>		
<b>SilverSneakers® Yoga</b>		9:30am-10:15am <i>STUDIO A</i>		9:30am-10:15am <i>STUDIO A</i>			
<b>Gentle Yoga</b>	9:30am-10:30am <i>STUDIO B</i>	5:30pm-6:25pm <i>STUDIO A</i>					
<b>Zumba™</b>	8:30am-9:15am <i>STUDIO A</i>		8:30am-9:15am <i>STUDIO A</i>				



## ForeverWell Group Exercise Schedule - Water

EAGAN | January 1 - 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Arthritis Water Exercise</b>	5:30pm-6:15pm <i>SLIDE POOL</i>	8:15am-9:00am <i>SLIDE POOL</i>	5:30pm-6:15pm <i>SLIDE POOL</i>	8:15am-9:00am <i>SLIDE POOL</i>	8:15am-9:00am <i>SLIDE POOL</i>		
<b>Aqua Zumba</b>		7:00pm-7:45pm <i>POOL</i>		7:00pm-7:45pm <i>POOL</i>		7:30am-8:15am <i>POOL</i>	
<b>ForeverWell Water Exercise</b>	8:00am-8:45am <i>POOL</i>		8:00am-8:50am <i>POOL</i>		8:00am-8:45am <i>POOL</i>		
<b>Water Exercise Power</b>	7:00pm-7:45pm <i>POOL</i>						