



ForeverWell Group Exercise Schedule - Land

EMMA B. HOWE YMCA | SEPTEMBER 1-30

	Monday	Tuesday	Wednesday	Thursday	Friday
SilverSneakers® Yoga	10:45am-11:45am <i>MP STUDIO</i>		10:45am-11:45am <i>MP STUDIO</i>		10:45am-11:30am <i>FITNESS STUDIO</i>
SilverSneakers® Classic	9:30am-10:30am <i>FITNESS STUDIO</i> 11:45am-12:45pm <i>MP STUDIO</i>		9:30am-10:30am <i>FITNESS STUDIO</i> 11:45am-12:45pm <i>MP STUDIO</i>		9:30am-10:30am <i>FITNESS STUDIO</i> 11:45am-12:45pm <i>SMB STUDIO</i>
Tai Chi for Health		8:30am-9:30am <i>SMB STUDIO</i>		10:40am-11:40am <i>SMB STUDIO</i>	
SilverSneakers® Circuit	1:30pm-2:15pm <i>FITNESS STUDIO</i>	9:45am-10:30am <i>MP STUDIO</i> 1:30pm-2:15pm <i>FITNESS STUDIO</i>	9:30am-10:15am <i>MP STUDIO</i> 1:30pm-2:15pm <i>FITNESS STUDIO</i>	9:30am-10:15am <i>MP STUDIO</i> 1:30pm-2:15pm <i>FITNESS STUDIO</i>	
ForeverWell Yoga	7:20am-7:50am <i>FITNESS STUDIO</i>				6:50am-7:20am <i>SMB STUDIO</i>
ForeverWell Stretch			10:30am-11:00am <i>SMB STUDIO</i>	8:30am-9:15am <i>FITNESS STUDIO</i>	
ForeverWell Strength			8:30am-9:15am <i>MP STUDIO</i>		8:20am-9:05am <i>FITNESS STUDIO</i>
ForeverWell Cycle	6:45am-7:15am <i>FITNESS ALCOVE</i>		6:45am-7:15am <i>FITNESS ALCOVE</i>		6:45am - 7:15am <i>FITNESS ALCOVE</i>

Questions about this schedule contact Kim at 763-717-1811.



ForeverWell Group Exercise Schedule - Water

EMMA B. HOWE YMCA | SEPTEMBER 1-30

	Monday	Tuesday	Wednesday	Thursday	Friday
H2O Flow			12:00pm-12:45pm BOTH POOLS		
Arthritis Water X	11:00am-11:45am BOTH POOLS	11:00am-11:45am BOTH POOLS	11:00am-11:45am BOTH POOLS	11:00am-11:45am BOTH POOLS	11:00am-11:45am BOTH POOLS
ForeverWell Water X	9:30am-10:15am 12:00pm-12:45pm LAP POOL		9:30am-10:15pm LAP POOL	8:00am-8:45am 12:00pm-12:45pm LAP POOL	9:30am-10:15am 12:00pm-12:45pm LAP POOL
Water X	6:00am-6:45am 8:00am-8:45am LAP POOL	8:00am-8:45am LAP POOL	6:00am-6:45am 8:00am-8:45am LAP POOL		8:00am-8:45am LAP POOL
Shallow Water X				6:00am-6:30am LAP POOL	
Deep Water X				6:30am-7:00am LAP POOL	