



## ForeverWell Group Exercise Schedule - Land

Forest Lake | **MARCH**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ForeverWell Cardio</b>		8:30am - 9:15am <i>STUDIO 2</i>					
<b>ForeverWell Combo</b>	8:15am - 9:15am <i>STUDIO 2</i>		11:35am- 12:35pm <i>STUDIO 2</i>		10:40am-11:25am <i>STUDIO 2</i>		
<b>ForeverWell Cycle</b>					8:25am-9:10am <i>STUDIO 2</i>		
<b>ForeverWell Strength</b>				12:00pm-12:45pm <i>STUDIO 2</i>			
<b>ForeverWell Chair Yoga</b>					9:30am - 10:30am <i>STUDIO 2</i>		
<b>SilverSneakers Classic</b>	10:40am-11:40am <i>STUDIO 2</i>	10:40am-11:40am <i>STUDIO 2</i>	10:40am-11:25am <i>STUDIO 2</i>	8:30am-9:30am <i>STUDIO 2</i>			
<b>Line Dancing</b>				9:45am-10:30am <i>STUDIO 2</i>			
<b>SilverSneakers Chair Yoga</b>		11:45am-12:45pm <i>STUDIO 2</i>					
<b>Tai Chi For Health</b>					11:30am-12:30pm <i>STUDIO 1</i> 1:00pm - 2:00pm <i>STUDIO 2</i>		



## ForeverWell Group Exercise Schedule - Water

### Forest Lake | MARCH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Deep Water Exercise</b>	9:00am - 9:45am <i>LAP POOL</i>	10:00am-10:45am <i>LAP POOL</i>	9:00am - 9:45am <i>LAP POOL</i>	10:00am-10:45am <i>LAP POOL</i>	8:00am - 8:45am <i>LAP POOL</i>	8:00am - 8:45am <i>LAP POOL</i>	
<b>Shallow Water Exercise</b>		9:00am-9:45am <i>LAP POOL</i>		9:00am - 9:45am <i>LAP POOL</i>	9:00am - 9:45am <i>LAP POOL</i>	9:00am - 9:45am <i>LAP POOL</i>	
<b>Water Tabata</b>	10:00am-10:45am <i>LAP POOL</i>		10:00am-10:45am <i>LAP POOL</i>				
<b>Aqua Zumba</b>			5:45pm-6:45pm <i>LAP POOL</i>				



## ForeverWell PICKLEBALL Schedule-Gymnasium

### Forest Lake | MARCH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PICKLEBALL</b>	7pm-10pm <i>Gymnasium</i>	7am-10am <i>Gymnasium</i>	6:30am-9:30am 12:00pm-2:00pm <i>Gymnasium</i>	7am-10am <i>Gymnasium</i>	6:30am-9:30am <i>Gymnasium</i>		