



ForeverWell Group Exercise Schedule - Land
 THE YMCA OF HUDSON, WI | SEPTEMBER 8-30, 2019 Schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ForeverWell Cardio					10:15am - 11:00am STUDIO 2		
ForeverWell Cycle		8:15am-8:45am STUDIO 3		8:15am-8:45am STUDIO 3			
ForeverWell Strength		8:15am-9:00am STUDIO 2		8:15am-9:00am STUDIO 2			
Line Dancing Beginning			1:00pm-2:00pm STUDIO 1				
Line Dancing Intermediate			2:00pm-3:00pm STUDIO 1				
SilverSneakers® Circuit	9:15am-10:00am STUDIO 2		9:15am - 10:00am STUDIO 2	9:15am - 10:00am STUDIO 2			
SilverSneakers® Classic	8:15am - 9:00am STUDIO 2				9:15am-10:00am STUDIO 2		
SilverSneakers® YOGA		9:15am-10:00am STUDIO 2	8:15am-9:00am STUDIO 2	10:15am- 11:00am STUDIO 2	8:15am-9:00am STUDIO 2		
Tai Chi based Moving for Better Balance	11:15am - 12:00pm STUDIO 2			11:15am - 12:00pm STUDIO 2			



ForeverWell Group Exercise Schedule - Water
 THE YMCA IN HUDSON, WI | SEPTEMBER 8-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Arthritis Water Exercise	9:00am-9:45am 11:00am-11:45am LEISURE POOL		9:00am-9:45am 11:00am-11:45am LEISURE POOL		9:00am-9:45am 11:00am-11:45am LEISURE POOL		
ForeverWell Water Exercise	7:30am-8:15am LAP POOL	7:30am-8:15am LAP POOL	7:30am-8:15am LAP POOL	7:30am-8:15am LAP POOL	7:30am-8:15am LAP POOL		