



## ForeverWell Group Exercise Schedule - Land

Lino Lakes YMCA | September 1st-30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Badminton</b>	8:30am-10:15am <i>GYMNASIUM</i>		8:30am-10:15am <i>GYMNASIUM</i>		8:30am-10:15am <i>GYMNASIUM</i>	
<b>ForeverWell Cycle</b>		2:10-2:40 <i>ACTIVITY CENTER</i>		2:10-2:40 <i>ACTIVITY CENTER</i>		
<b>Gentle Yoga</b>					11:50am - 12:50pm <i>ACTIVITY CENTER</i>	
<b>Muscle Stretch &amp; Release</b>			9:00am-9:25am <i>FITNESS STUDIO</i>			
<b>Pickleball</b>	12:00pm - 2:00pm <i>GYMNASIUM</i>	7:00am - 9:00am <i>GYMNASIUM</i>	12:00pm - 2:00pm <i>GYMNASIUM</i>	7:00am - 9:00am <i>GYMNASIUM</i>	12:00pm - 2:00pm <i>GYMNASIUM</i>	
<b>SilverSneakers® Circuit</b>	8:00am-8:45am <i>FITNESS STUDIO</i>	12:00pm-12:45pm <i>FITNESS STUDIO</i>		12:00pm-12:45pm <i>FITNESS STUDIO</i>		
<b>SilverSneakers® Classic</b>	1:00pm - 1:45pm <i>FITNESS STUDIO</i>		1:00pm - 1:45pm <i>FITNESS STUDIO</i>		1:00pm - 1:45pm <i>FITNESS STUDIO</i>	
<b>SilverSneakers® Yoga</b>	9:00am-9:45am <i>ACTIVITY CENTER</i>	1:00pm-1:55pm <i>FITNESS STUDIO</i>		1:00pm-1:55pm <i>FITNESS STUDIO</i>		
<b>ForeverWell Combo</b>		8:00am-8:55am <i>FITNESS STUDIO</i>		8:00am-8:55am <i>FITNESS STUDIO</i>	8:00am-8:55am <i>FITNESS STUDIO</i>	
<b>Tai Chi for Health</b>					9:00am-9:55am <i>ACTIVITY CENTER</i>	
<b>Tai Chi Move for Better Balance</b>			9:00am-9:45am <i>ACTIVITY CENTER</i>			
<b>Zumba Gold</b>		9:30am - 10:30am <i>ACTIVITY CENTER</i>		10:45am - 11:45am <i>FITNESS STUDIO</i>		



## ForeverWell Group Exercise Schedule - Water

Lino Lakes YMCA | September 1st-30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Arthritis Water Exercise</b>		11:30am-12:15pm <i>LAP POOL</i>		11:30am-12:15pm <i>LAP POOL</i>		
<b>Water Exercise</b>	9:30am-10:15am <i>LAP POOL</i>	9:30am-10:15am <i>LAP POOL</i>	9:30am-10:15am <i>LAP POOL</i>	9:30am-10:15am <i>LAP POOL</i>	9:30am-10:15am <i>LAP POOL</i>	8:00am-8:45 <i>LAP POOL</i>
<b>H2O Flow</b>			10:30am-11:00am <i>LEISURE POOL</i>			
<b>Boot Camp/Tabata</b>	10:30am-11:15am <i>Bootcamp, LAP</i>	10:30am-11:15am <i>TABATA, LAP POOL</i>		10:30am-11:15am <i>TABATA, LAP POOL</i>	10:30am-11:15am <i>TABATA, LAP POOL</i>	
<b>Evening Water Classes</b>	6:00pm-6:45pm <i>Water Ex, LAP POOL</i>	6:00pm-6:45pm <i>Tabata, LAP POOL</i>	6:00pm-6:45pm <i>Water Ex, LAP POOL</i>	6:00pm-7:00pm <i>Zumba, LAP POOL</i>		