



ForeverWell Group Exercise Schedule - SEPTEMBER 2019

Maplewood Community Center YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers® Classic	9:30am-10:15am GYM 11:45am-12:30pm 12:45pm-1:30pm STUDIO B	10:15am-11am STUDIO B	9:30am-10:15am GYM 12:45pm-1:30pm STUDIO B	10:15am-11am STUDIO B	9:30am-10:15am GYM 11:45am-12:30pm 12:45pm-1:30pm STUDIO B	NEW 11:30am-12:15pm STUDIO B <i>Starts Sept 7</i>	
SilverSneakers® Circuit				12:10pm-12:40pm STUDIO A			
SilverSneakers® Yoga		12:45pm-1:30pm STUDIO A		11:15am- Noon 12:45pm-1:30pm STUDIO A			
Gentle Yoga	7:00am-7:55am STUDIO A		7:00am-7:55am STUDIO A		7:00am-7:55am STUDIO A		
Tai Chi - Moving for Better Balance	6:15-6:45am STUDIO B 12:45pm - 1:15pm STUDIO A		8:15-8:45am STUDIO B				
ForeverWell Cardio	8:00am-9:00am STUDIO A		8:00am-9:00am STUDIO A		8:00am-9:00am STUDIO A		
ForeverWell Combo		9:15am-10am GYM		9:15am-10am STUDIO B			
Forever Well Dance		Noon-12:30pm STUDIO B			9:00-9:30am STUDIO A		
Zumba® Gold	10:30am-11:30am STUDIO B		10:30-11:30 STUDIO B		10:30-11:30 STUDIO B		
Drums Alive Golden Beats			11:45am-12:30pm STUDIO B				
Water Exercise	7:00am-7:45am LAP POOL	Deep Water 9:15am-10am LAP POOL	6:45am -7:30am LAP POOL 5pm-5:45pm LAP POOL		7:00am-7:45am LAP POOL		NEW 10 -10:45am LAP POOL <i>starts Sept 1</i>