



ForeverWell Group Exercise Schedule - Land & Water

New Hope Y

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ForeverWell Balance		1:35pm - 2:05pm <i>STUDIO 1</i>		1:35pm - 2:05pm <i>STUDIO 1</i>			
ForeverWell Combo	6:30am - 7:30am <i>STUDIO 1</i>	10:45-11:30am <i>STUDIO 1</i>		10:45-11:30am <i>STUDIO 1</i>	6:30am - 7:30 am <i>STUDIO 1</i>		
Group Cycle (Beginners)		9:00am - 9:30am <i>STUDIO 1</i>		9:00am - 9:30am <i>STUDIO 1</i>			
Gentle Yoga	1:30pm - 2:30pm <i>STUDIO 2</i>		1:30pm - 2:30pm <i>STUDIO 2</i>		1:30pm - 2:30pm <i>STUDIO 2</i>		
SilverSneakers® Circuit		11:45am - 12:30pm <i>STUDIO 1</i>		11:45am - 12:30pm <i>STUDIO 1</i>			
SilverSneakers® Classic	11:30am - 12:15pm <i>STUDIO 1</i>		11:30am - 12:15pm <i>STUDIO 1</i>		11:30am - 12:15pm <i>STUDIO 1</i>	11:45am - 12:30pm <i>STUDIO 1</i>	
SilverSneakers® Yoga	12:25pm - 1:10pm <i>STUDIO 1</i>	12:40pm - 1:25pm <i>STUDIO 1</i>	6:15am - 7:15am 12:25pm - 1:10pm <i>STUDIO 1</i>	12:40pm - 1:25pm <i>STUDIO 1</i>	12:25pm - 1:10pm <i>STUDIO 1</i>	12:40pm - 1:25pm <i>STUDIO 1</i>	
Tai Chi For Health		12:00-1:00pm <i>STUDIO 2</i>		12:00-1:00pm <i>STUDIO 2</i>			
Zumba Gold			12:15pm - 1:00pm <i>STUDIO 2</i>				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Arthritis Water Exercise					11:45am-12:45pm <i>POOL</i>		
Aqua Zumba	7:30pm - 8:15pm <i>POOL</i>	8:00am - 9:00am* <i>POOL</i>				8:00am - 9:00am <i>POOL</i>	
Deep Water Exercise	7:00am - 7:45am <i>POOL</i>		7:00am - 7:45am <i>POOL</i>		7:00am - 7:45am <i>POOL</i>		
H2O Flow			8:10-8:55am <i>POOL</i>				
Multiple Sclerosis Water Exercise			11:45am-12:45pm <i>POOL</i>				
Shallow Water Exercise	10:30am-11:30am <i>POOL</i>	8:00am - 9:00am* <i>POOL</i>			8:00am - 8:45am <i>POOL</i>		
Water Exercise	8:00am - 9:00am <i>POOL</i>			8:00am - 9:00am <i>POOL</i>			

Visit ymcamn.org/schedules, or download the mobile app, for a complete list of classes, descriptions, and instructors.

* Alternates weekly between Aqua Zumba and Shallow Water Exercise