



**ForeverWell Group Exercise Schedule
RIVER VALLEY YMCA | SEPTEMBER 2019**

LAND	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ForeverWell Cardio		11:20am - 12:05pm <i>STUDIO B</i>					
ForeverWell Strength	11:30am - 12:15pm <i>STUDIO B</i>						
Meditation		10:35am - 11:05am <i>162B CHURCH</i>					
Tai Chi: Moving for Better Balance®		12:10 - 12:55pm <i>STUDIO B</i>		11:20am - 12:05pm <i>STUDIO B</i>			
SilverSneakers® Circuit			11:30am - 12:15pm <i>STUDIO B</i>				
SilverSneakers® Classic	8:30am-9:15am <i>STUDIO B</i>	10:30 - 11:15am <i>STUDIO B*</i>		10:30 - 11:15am <i>STUDIO B*</i>	8:30am-9:15am <i>STUDIO B</i>		
SilverSneakers® Yoga	12:20pm - 1:05pm <i>STUDIO B</i>		12:20pm - 1:05pm <i>STUDIO B</i>				
Zumba® Gold	10:30am - 11:25am <i>STUDIO B</i>		10:30am - 11:25am <i>STUDIO A</i>		10:30am - 11:25am <i>STUDIO A</i>		

* these classes may fill quickly; pick up a number at Member Services to guarantee your spot

WATER

Arthritis Foundation Water Exercise	11:00 - 11:45am <i>LAP POOL</i>	11:00 - 11:45am <i>LEISURE POOL</i>	11:00 - 11:45am <i>LAP POOL</i>	11:00 - 11:45am <i>LEISURE POOL</i>			
ForeverWell Water Exercise	9:00 - 9:45am <i>LAP POOL</i>		9:00 - 9:45am <i>LAP POOL</i>		9:00 - 9:45am <i>LAP POOL</i>		
H2O Flow		9:00 - 9:45am <i>LEISURE POOL</i>		9:00 - 9:45am <i>LEISURE POOL</i>			
Water Exercise	8:00 - 8:45am <i>LAP POOL</i>		8:00 - 8:45am <i>LAP POOL</i>		8:00 - 8:45am <i>LAP POOL</i>	8:00 - 8:45am <i>LAP POOL</i>	8:00 - 8:45am <i>LAP POOL</i>

PLEASE NOTE: The pool will be CLOSED August 12 - September 2.