



ForeverWell Group Exercise Schedule - Land

Shoreview | September 1 - September 30

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------|---|--|---|---|---|--|------------------------------|
| ForeverWell Cardio | | 12:30pm - 1:00pm <i>ACTIVITY CENTER</i> | | 12:40-1:25pm <i>STUDIO</i> | | | |
| ForeverWell Cycle | | | 8:00am - 8:45am <i>FUSION STUDIO</i> | | | | |
| ForeverWell Chair Yoga | | 1:15pm - 2:00pm <i>STUDIO</i> | | 1:20pm - 2:05pm <i>STUDIO</i> | 2:10-2:55pm <i>STUDIO</i> | | |
| Functional Fitness | | | 7:55am - 8:55am <i>STUDIO</i> | 7:55am - 8:55am <i>STUDIO</i> | 8:00am - 9:00am <i>GYM</i> | | |
| Gentle Yoga | 8:15am - 9:15am <i>FUSION STUDIO</i> | 8:00am - 8:55am <i>STUDIO</i> | | 8:00am - 9:00am <i>FUSION STUDIO</i> | 8:15am - 9:15am <i>FUSION STUDIO</i> | 12:00pm - 1:00pm <i>FUSION STUDIO</i> | |
| Muscle Stretch & Release | | 8:00am - 8:55am <i>FUSION STUDIO</i> | | | | | |
| SilverSneakers Classic | | 11:10am -11:55am <i>STUDIO</i> | 1:15pm - 2:00pm <i>STUDIO</i> | | 10:30am - 11:15am <i>Activity Center</i> | | |
| SilverSneakers Circuit | 12:20pm - 1:05pm <i>STUDIO</i> | | | | 1:15pm - 2:00pm <i>STUDIO</i> | | |
| SilverSneakers Yoga | 1:10pm - 1:55pm <i>STUDIO</i> | | 9:00am - 9:45am <i>FUSION STUDIO</i> | | 11:20am - 12:05pm <i>FUSION STUDIO</i> | 1:15pm - 2:00pm <i>FUSION STUDIO</i> | |
| Tai Chi for Health Practice | | | 11:00-12:00pm <i>FUSION STUDIO</i> | | | | |
| Tai Chi Chih Practice | | | | 11:10-11:55am <i>FUSION STUDIO</i> | | | |
| Zumba Gold | | | | | | | 1:30-2:30pm <i>STUDIO</i> |



ForeverWell Group Exercise Schedule - Water

SHOREVIEW | **September 9 - September 30**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------|---|--|--|---|--|---|---|
| Aqua Yoga/H2O Flow | | 10:45am - 11:30am <i>SHALLOW END POOL</i> | | | | | |
| Arthritis Water X | 10:30am - 11:15am <i>SHALLOW END POOL</i> | | 10:30am - 11:15am <i>SHALLOW END POOL</i> | | 10:30am - 11:15am <i>SHALLOW END POOL</i> | | |
| Boot Camp | | | | 10:00am - 10:45am <i>DEEP & SHALLOW POOL</i> | | | |
| Deep Water Exercise | 5:40pm - 6:00pm <i>DEEP END POOL</i> | 9:50am - 10:35am <i>DEEP END POOL</i> | 9:30am - 10:15am <i>DEEP END POOL</i> 5:40pm - 6:25pm <i>DEEP END POOL</i> | 9:00am - 9:45am <i>DEEP END POOL</i> | | | |
| Deep Water Power | 9:40am - 10:25am <i>DEEP END POOL</i> | | | | 9:30am - 10:15am <i>DEEP END POOL</i> | 8:40am - 9:25am <i>DEEP END POOL</i> | 11:30am - 12:15pm <i>DEEP END POOL</i> |
| Shallow Water Exercise | 9:30am - 10:15am <i>SHALLOW END POOL</i> | 9:00am - 9:45am <i>SHALLOW END POOL</i> | 9:30am - 10:15am <i>SHALLOW END POOL</i> | 9:00am - 9:45am <i>SHALLOW END POOL</i> | 9:30am - 10:15am <i>SHALLOW END POOL</i> | | |
| Deep Water Tabata | | | 12:15pm - 1:00pm <i>DEEP END POOL</i> | | | | |