



ForeverWell Group Exercise Schedule - Land

MIDWAY | summer

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Yoga®	1:30pm - 2:15pm <i>FLEX B/C STUDIO</i>	10:15am - 11:00am <i>FLEX B/C STUDIO</i>	1:30pm - 2:15pm <i>FLEX B/C STUDIO</i>	10:15am - 11:00am <i>FLEX B/C STUDIO</i>			
SilverSneakers Classic®	10:15am - 11:00am <i>FLEX B/C STUDIO</i>	1:30pm - 2:15pm <i>FLEX B/C STUDIO</i>	10:15am - 11:00am <i>FLEX B/C STUDIO</i>		10:15am - 11:00am <i>FLEX BC STUDIO</i>		
SilverSneakers Circuit®				1:30pm - 2:15pm <i>FLEX B/C STUDIO</i>			
Tai Chi				10:30am - 11:30am <i>STUDIO B</i>		10:00am - 11:00am <i>STUDIO B</i>	
Mindful Meditation		9:30am - 10:00am <i>FLEX B/C STUDIO</i>					
ForeverWell Cardio	8:30am - 9:15am <i>STUDIO A</i>		8:30am - 9:15am <i>STUDIO A</i>		8:30am - 9:15am <i>STUDIO A</i>		
ForeverWell Strength		11:15am - 12:00pm <i>FLEX B/C STUDIO</i>		11:15am - 12:00pm <i>FLEX B/C STUDIO</i>			
Zumba Gold	6:15pm - 7:00pm <i>STUDIO B</i>			6:15pm - 7:00pm <i>Studio B</i>			
ForeverWell Cycle		<i>(Watch for a class to be offered in the Fall 2019)</i>					



ForeverWell Group Exercise Schedule - Water

MIDWAY | summer

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
Water Walking		10:00am - 10:30am <i>Vortex POOL</i>		10:00am - 10:30am <i>Vortex POOL</i>			
H2O Flow			1:15pm - 2:00pm <i>LEISURE POOL</i>				
ForeverWell Water Exercise		9:00am - 9:45am <i>LAP POOL</i>	9:00am - 10:00am <i>LAP POOL</i>	9:00am - 9:45am <i>LAP POOL</i>			
Deep Water Exercise			6:45am - 7:30am <i>LAP POOL</i>		6:45am - 7:30am <i>LAP POOL</i>		
Water Ex Power	9:00am - 10:00am 6:30pm - 7:30pm <i>LAP POOL</i>		6:30pm - 7:30pm <i>LAP POOL</i>		9:00am - 10:00am <i>LAP POOL</i>	8:00am - 9:00am <i>LAP POOL</i>	