



ForeverWell Group Exercise Schedule - Land

YMCA IN WEST ST. PAUL | March 1 - 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bridge to Fitness			1:30pm - 2:00pm <i>UPPER STUDIO</i>				
ForeverWell Cardio			8:10am - 9:10am <i>UPPER STUDIO</i>		8:10am - 9:10am <i>UPPER STUDIO</i>		
ForeverWell Combo	5:40am - 6:25am <i>UPPER STUDIO</i>						
ForeverWell Strength		5:40am - 6:25am 7:55am - 8:40am <i>UPPER STUDIO</i>					
ForeverWell Yoga		8:45am - 9:30am <i>UPPER STUDIO</i>					
Gentle Yoga					12:20pm - 1:20pm <i>UPPER STUDIO</i>		
SilverSneakers® Circuit				8:00am - 8:45am <i>UPPER STUDIO</i>			
SilverSneakers® Classic	11:30am - 12:15pm <i>UPPER STUDIO</i>		11:30am - 12:15pm <i>UPPER STUDIO</i>		11:30am - 12:15pm <i>UPPER STUDIO</i>		
SilverSneakers® Yoga				8:45am - 9:30am <i>UPPER STUDIO</i>			



ForeverWell Group Exercise Schedule - Water

YMCA IN WEST ST. PAUL | March 1 - 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Water Exercise	9:00am - 9:45am <i>POOL</i> 7:00pm - 7:45pm <i>POOL(DEEP WATER POWER)</i>	9:00am - 9:45am <i>POOL</i>	7:00pm - 7:45pm <i>POOL(DEEP WATER POWER)</i>	9:00am - 9:45am <i>POOL</i>	9:00am - 9:45am <i>POOL</i>	9:00am - 9:45am <i>POOL</i>	
ForeverWell Water Exercise	10:00am - 10:45am <i>POOL</i>				9:45am - 10:30am <i>POOL</i>		
Water Tabata							9:00am - 9:45am <i>POOL</i>