



ForeverWell Group Exercise Schedule - Land White Bear Area Y | June 1st - 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ForeverWell Cardio	8:30am - 9:25am STUDIO A		8:15am - 9:00am STUDIO A		8:30am-9:25am STUDIO A		
Gentle Yoga		8:30am-9:25am STUDIO B		8:30am-9:25am STUDIO B	8:30am 9:10am STUDIO B		
Line Dance		1:15pm - 2:15pm STUDIO A		1:15pm - 2:15pm STUDIO A			
SilverSneakers® Circuit	1:00pm - 1:45pm STUDIO A	10:00am - 10:45am GYM		10:00am - 10:45am GYM	10:00am-10:45am GYM	9:30am - 10:15am GYM	
SilverSneakers® Classic	10:00am - 10:45am GYM		10:00am - 10:45am GYM 1:00pm - 1:45pm STUDIO A				
SilverSneakers® Yoga	10:45am - 11:30am GYM	10:45am - 11:30am GYM	10:45am - 11:30am GYM	10:45am -11:30am GYM	10:45am - 11:30am GYM		
Tai Chi Instruction		Noon - 12:45pm STUDIO B	Noon - 12:45pm STUDIO B *Cane Tai Chi	Noon - 12:45pm STUDIO B			
Tai Chi Practice	Noon-12:45pm STUDIO B				Noon - 12:45pm STUDIO B		
Zumba Gold		10:50am-11:45am STUDIO A		10:50-11:45am STUDIO A			



ForeverWell Group Exercise Schedule - Water White Bear Area Y | June 7th - 30th (Pool is closed 3rd-6th)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Water Exercise Power		10:00am - 10:45am ORANGE POOL			10:30am-11:15am ORANGE POOL		
SilverSneakers® Splash	11:00am - 11:45am BLUE POOL		11:00am - 11:45am BLUE POOL				
Verizontal	10:00am -10:45am ORANGE POOL		10:00am-10:45am ORANGE POOL 8:00pm-8:45pm ORANGE POOL		9:30am-10:15am ORANGE POOL		
ForeverWell Water		11:00am-11:45am BLUE POOL		11:00am - 11:45am BLUE POOL			
Water Exercise	9:00pm -9:45pm BLUE POOL	7:00pm - 7:45pm BLUE POOL				8:00am - 8:45am BLUE POOL	
Water Exercise Power	6:00am -6:45am BLUE POOL	9:00am - 9:45am BLUE POOL	9:10am - 9:55am BLUE POOL	9:00am -9:45am BLUE POOL			