



ForeverWell Group Exercise Schedule

WOODBURY YMCA | Mar 1-31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bridge to Fitness	11:30am - 12pm STUDIO 1				12:30 - 1pm STUDIO 3	
SilverSneakers Classic®	1:30 - 2:15pm STUDIO 3	8:15 - 9am STUDIO 3 10:30 - 11:15am STUDIO 3	1:30 - 2:15pm STUDIO 3	8:15 - 9am STUDIO 3 10:30 - 11:15am STUDIO 3	1:30 - 2:15pm STUDIO 3	
SilverSneakers Circuit®	8:15 - 9am STUDIO 3 10:30 - 11:15am STUDIO 1 1:30 - 2:15pm STUDIO 1		8:15 - 9am STUDIO 1 10:30 - 11:15am STUDIO 1 1:30 - 2:15pm STUDIO 1		8:15 - 9am STUDIO 3	
SilverSneakers Yoga®	2:25 - 3:10pm STUDIO 1	1:30 - 2:15pm STUDIO 1		1:30 - 2:15pm STUDIO 1		
Tai Chi for Health Instruction		12 - 1pm STUDIO 1				
Tai Chi for Health Practice				1:25 - 2:10pm STUDIO 3 NEW	11:05am - 12:05pm STUDIO 1	
Tai Chi 2		10:30am - 12pm STUDIO 2		2:15 - 3:15pm STUDIO 3 NEW		
ForeverWell Stretch				8:30 - 9am STUDIO 1		
ForeverWell Yoga	8 - 9am STUDIO 2 9:15 - 10:15am STUDIO 1	8 - 9am STUDIO 1	8 - 9am STUDIO 2 9:15 - 10:15am STUDIO 1	11:25am - 12:10pm STUDIO 1	8 - 9am STUDIO 2 9:15 - 10:15am STUDIO 1	
ForeverWell Cardio		12:10 - 12:55pm STUDIO 2	11:25 - 11:55am STUDIO 1			
ForeverWell Balance and Stretch			11:55am - 12:25pm STUDIO 1			
Zumba® Gold		1:30 - 2:15pm STUDIO 3		12:15 - 1pm STUDIO 1		

See class descriptions in ForeverWell Newsletter or visit ymcamn.org/schedules, or download the mobile app, for a complete list of classes, descriptions, and instructors."



ForeverWell Group Exercise Schedule

WOODBURY YMCA | Mar 1-31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Line Dancing	12:15 - 1:15pm STUDIO 3 7:10 - 8:10pm STUDIO 1 8:10 - 9:10pm STUDIO 1					
Meditation				11:35am - 12:05pm STUDIO 3		
Arthritis Water Exercise	10:45 - 11:30am LAP POOL 3:30 - 4:15pm LEISURE POOL	9:45 - 10:30am LEISURE POOL	3:30 - 4:15pm LEISURE POOL		9:45-10:30am LEISURE POOL	
ForeverWell Water Exercise			8:15 - 9am LAP POOL			
Water Exercise	7 - 7:45am LAP POOL 8:15 - 9am LAP POOL 9:15 - 10am LAP POOL		9:15 - 10am LAP POOL		8:15 - 9am LAP POOL 9:15 - 10am LAP POOL	
Water Exercise Power		9:15 - 10am LAP POOL		9:15 - 10am LAP POOL		8:30 - 9:15am LAP POOL
Water Tabata		8:30 - 9am LAP POOL		8:15 - 9am LAP POOL		
Water Exercise Bootcamp			7 - 7:45am LAP POOL		7 - 7:45am LAP POOL	
Salsa Splash				7:30 - 8:15pm LAP POOL		

See class descriptions in ForeverWell Newsletter or visit ymcamn.org/schedules, or download the mobile app, for a complete list of classes, descriptions, and instructors."