



FOREVERWELL

MIND - BODY - SPIRIT



OUR FOREVERWELL PROGRAM IS DESIGNED
TO BENEFIT OUR ACTIVE OLDER ADULT MEMBERS
(55+) TOTAL HEALTH THROUGH A VARIETY OF
OPPORTUNITIES TO GET ACTIVE, STAY FIT
AND BE SOCIAL AT THE Y.

December ForeverWell Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-8:45am	AquaFit Lap Lane Pool Sue Morton	AquaFit Lap Lane Pool Sue Morton	AquaFit Lap Lane Pool Sue Morton	AquaFit Lap Lane Pool Sue Morton	AquaFit Lap Lane Pool Sue Morton
9am	Sprint 8 Wellness Center Heather Radke				
9:30am	Chair Yoga MP Room Darwin Dyce	FW Combo MTG Room Heather Radke	Chair Yoga MP Room Darwin Dyce	Strength & Balance MTG Room Heather Radke	FW Line Dancing Studio Eunice Herrick
10:15am			FW Fitness MP Room Denise Schneekloth	Tai Chi MP Room Sue Morton	
10:30am					
11am					
11:30am					
12noon					
1:30-2:15pm	FW Fitness Studio Denise Schneekloth				
5-5:45pm	AquaFit Deep End Lap Lane Pool Ruth Bot	AquaFit Shallow Lap Lane Pool Heather Radke	AquaFit Deep End Lap Lane Pool Ruth Bot	AquaFit Lap Lane Pool Ruth Bot	

Class Descriptions:

AquaFit: A low impact workout that reduces impact on your knees, back and joints. The classes focus on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music. Great class to maintain flexibility and muscular strength.

Sprint8: A 20-minute beginners level cardio program. It includes a 3 minute warm up, 30 second cardio level pace, 90 second active recovery period.

Chair Yoga: A gentle form of yoga that involves sitting in a chair/standing and using the chair for balance while stretching and holding poses. This class helps to stretch the body, improve flexibility, and maintain, improve overall mobility for daily tasks.

FW Combo Class: A combination of Cardio and Strength. Some standing balance work and stretching. This class will have Modified moves to improve muscle endurance and cardiovascular fitness. You can expect to use a combination of equipment like free weights, resistance bands, and kettlebells. Come and join the fun while breaking a sweat.

Strength & Balance: Strength & Balance classes are exercise classes for people who want to prevent falls or improve stability. Includes exercise and advice on ways to improve balance, strength and confidence.

Tai Chi: Emphasizes slow, fluid movements which are performed in a sequence. This simplified style of the ancient martial art.

FW Line Dancing: a perfect low impact, dance class for improving coordination, balance, while increasing cardiovascular health and brain memory. All set to energetic music. This class is a fun class for all levels.

FW Fitness: Fitness After 50 has been renamed! You can still come to expect the same chair-based exercise class that focuses on range of motion, toning, balance, and light cardio.