

FOREVERWELL

SUMMER

WELLNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 A.M.	Aqua Fitness POOL	Aqua Fitness POOL	Aqua Fitness POOL	Aqua Fitness POOL	Aqua Fitness POOL
8:30 A.M.					
9:00 A.M.		FW Dance/ Zumba GYM		FW Dance/ Zumba GYM	
9:30 A.M.	Advanced Pickleball GYM		Advanced Pickleball GYM		Advanced Pickleball GYM
9:30 A.M.	Chair Yoga MTG ROOM	Try it Tuesday MTG ROOM	Chair Yoga MTG ROOM	FW Strength & Balance MTG ROOM	Line Dancing STUDIO
10:00 A.M.	FW Cardio MTG ROOM	Summer Stretching MTG ROOM 10-10:15 A.M.	Wellness Wednesday	Summer Stretching MTG ROOM 10-10:15 A.M.	
10:30 A.M.		Beginner Pickleball GYM 10:15-11:15 A.M.		Beginner Pickleball GYM 10:15-11:15 A.M.	
11:00 A.M.					
12:30 P.M.	FW Fitness STUDIO		FW Fitness STUDIO		
1:00 P.M.					
5:30 P.M.	Aqua Fitness POOL		FW Aqua Joints in Motion POOL		