## **JANUARY 2025**

## **FOREVERWELL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
8:10 AM Water Fitness 6   Pool 9:00-10:00 AM Water Walking   Pool 10:15 AM Gentle Yoga   B 1:30 Enhance Fitness B   (Registration Required)	8:10 AM Power Waves 7   Pool 9:30 AM Reading Buddies   Child Care/Child Watch 10:00 AM-11:00 AM Coffee & Cribbage   Lobby 11:15 AM FW Cardio   B	8:10 AM Water Fitness 8   Pool 10:15 AM Sound Healing   B 12:15 PM FW Strength   B 1:30 PM Enhance Fitness B   (Registration Required)	8:10 AM Power Waves 9   Pool 10:00-11:00 AM Coffee & Cards   Lobby 11:15 AM FW Balance   B 12:00 PM Lunchtime Laps   Track 1:00 PM FW Cardio   B	8:10 AM Water Fitness 10   Pool 9:15 AM Zumba Gold   B 10:15 AM Gentle Yoga   B 1:30 PM Enhance Fitness B   (Registration Required)
8:10 AM Water Fitness 13   Pool 9:00-10:00 AM Water Walking   Pool 10:15 AM Gentle Yoga   B 1:30 Enhance Fitness B   (Registration Required)	8:10 AM Power Waves 14   Pool 9:30 AM Reading Buddies   Child Care/Child Watch 10:00 AM-11:00 AM Coffee & Cribbage   Lobby 11:15 AM FW Cardio   B 12:15 PM Lunch and Learn Dr Randy From Accelerated Chiropractic - Neuropathy and fall prevention   Lobby *Please sign up at front desk	8:10 AM Water Fitness 15   Pool 10:15 AM Sound Healing   B 12:15 PM FW Strength   B 1:30 PM Enhance Fitness B   (Registration Required)	8:10 AM Power Waves 16   Pool 10:00-11:00 AM Coffee & Cards   Lobby 11:15 AM FW Balance   B 12:00 PM Lunchtime Laps   Track 1:00 PM FW Cardio   B	8:10 AM Water Fitness 17   Pool 9:15 AM Zumba Gold   B 10:15 AM Gentle Yoga   B 1:30 PM Enhance Fitness B   (Registration Required)

\*\*\* ALL CLASSES SUBJECT TO CHANGE OR CANCELLATION BASED ON INSTRUCTOR AVAILABILITY OR UNFORSEEN EVENTS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:10 AM Water Fitness 20	8:10 AM Power Waves 21	8:10 AM Water Fitness 22	8:10 AM Power Waves 23	8:10 AM Water Fitness 24
Pool	Pool	Pool	Pool	Pool
9:00-10:00 AM Water	9:30 AM Reading Buddies	10:15 AM Sound Healing	10:00-11:00 AM Coffee &	9:15 AM Zumba Gold
Walking   Pool	Child Care/Child Watch	B	Cards   Lobby	B
10:15 AM Gentle Yoga	10:00 AM-11:00 AM Coffee	12:15 PM FW Strength	11:15 AM FW Balance	10:15 AM Gentle Yoga
B	& Cribbage   Lobby	B	B	B
1:30 Enhance Fitness	11:15 AM FW Cardio	1:30 PM Enhance Fitness	12:00 PM Lunchtime Laps	1:30 PM Enhance Fitness
B   (Registration Required)	B	B   (Registration Required)	Track	B   (Registration Required)
			1:00 PM FW Cardio	
			B	
8:10 AM Water Fitness <b>27</b>	8:10 AM Power Waves 28	8:10 AM Water Fitness 29	8:10 AM Power Waves <b>30</b>	8:10 AM Water Fitness 31
Pool	Pool	Pool	Pool	Pool
9:00-10:00 AM Water	9:30 AM Reading Buddies	10:15 AM Sound Healing	10:00-11:00 AM Coffee &	9:15 AM Zumba Gold
Walking   Pool	Child Care/Child Watch	B	Cards   Lobby	B
10:15 AM Gentle Yoga	10:00 AM-11:00 AM Coffee	12:15 PM FW Strength	11:15 AM FW Balance	10:15 AM Gentle Yoga
B	& Cribbage   Lobby	B	B	B
1:30 Enhance Fitness	11:15 AM FW Cardio	1:30 PM Enhance Fitness	12:00 PM Lunchtime Laps	1:30 PM Enhance Fitness
B   (Registration Required)	B	B   (Registration Required)	Track	B   (Registration Required)
			1:00 PM FW Cardio	
			B	