

JANUARY 2025

FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p>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)</p>	<p>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</p>	<p>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)</p>	<p>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</p>	<p>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)</p>
<p>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)</p>	<p>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</p>	<p>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)</p>	<p>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</p>	<p>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)</p>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:10 AM Water Fitness 20 Pool 9:00-10:00 AM Water Walking Pool 10:15 AM Gentle Yoga B 1:30 Enhance Fitness B (Registration Required)</p>	<p>8:10 AM Power Waves 21 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</p>	<p>8:10 AM Water Fitness 22 Pool 10:15 AM Sound Healing B 12:15 PM FW Strength B 1:30 PM Enhance Fitness B (Registration Required)</p>	<p>8:10 AM Power Waves 23 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</p>	<p>8:10 AM Water Fitness 24 Pool 9:15 AM Zumba Gold B 10:15 AM Gentle Yoga B 1:30 PM Enhance Fitness B (Registration Required)</p>
<p>8:10 AM Water Fitness 27 Pool 9:00-10:00 AM Water Walking Pool 10:15 AM Gentle Yoga B 1:30 Enhance Fitness B (Registration Required)</p>	<p>8:10 AM Power Waves 28 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</p>	<p>8:10 AM Water Fitness 29 Pool 10:15 AM Sound Healing B 12:15 PM FW Strength B 1:30 PM Enhance Fitness B (Registration Required)</p>	<p>8:10 AM Power Waves 30 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</p>	<p>8:10 AM Water Fitness 31 Pool 9:15 AM Zumba Gold B 10:15 AM Gentle Yoga B 1:30 PM Enhance Fitness B (Registration Required)</p>