

JANUARY 2025

FOREVERWELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p>8:10 AM Water Fitness 6 Susan/Gary Pool 10:00-11:00 AM Water Walking Pool 10:15 AM Gentle Yoga Micara B 1:30 Enhance Fitness B (Registration Required)</p>	<p>8:10 AM Power Waves 7 Susan Pool 9:30 AM Reading Buddies Child Care/Child Watch 10:00 AM-11:00 AM Coffee & Cribbage Lobby 11:15 AM FW Cardio Karen B</p>	<p>8:10 AM Water Fitness 8 Susan Pool 10:15 AM Gentle Yoga Pamela B 12:15 PM FW Strength Autumn B 1:30 PM Enhance Fitness B (Registration Required)</p>	<p>8:10 AM Power Waves 9 Susan Pool 10:00-11:00 AM Coffee & Cards Lobby 11:15 AM FW Balance Tammi B 12:00 PM Lunchtime Laps Track 1:00 PM FW Cardio Jolene B</p>	<p>8:10 AM Water Fitness 10 Kristi Pool 9:15 AM Zumba Gold Jolene B 10:15 AM Gentle Yoga Mia B 1:30 PM Enhance Fitness B (Registration Required)</p>
<p>8:10 AM Water Fitness 13 Susan/Gary Pool 10:00-11:00 AM Water Walking Pool 10:15 AM Gentle Yoga Micara B 1:30 Enhance Fitness B (Registration Required)</p>	<p>8:10 AM Power Waves 14 Susan Pool 9:30 AM Reading Buddies Child Care/Child Watch 10:00 AM-11:00 AM Coffee & Cribbage Lobby 11:15 AM FW Cardio Karen 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 Susan Pool 10:15 AM Gentle Yoga Pamela B 12:15 PM FW Strength Autumn B 1:30 PM Enhance Fitness B (Registration Required)</p>	<p>8:10 AM Power Waves 16 Susan Pool 10:00-11:00 AM Coffee & Cards Lobby 11:15 AM FW Balance Tammi B 12:00 PM Lunchtime Laps Track 1:00 PM FW Cardio Jolene B</p>	<p>8:10 AM Water Fitness 17 Kristi Pool 9:15 AM Zumba Gold Jolene B 10:15 AM Gentle Yoga Mia 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 Susan/Gary Pool</p> <p>10:00-11:00 AM Water Walking Pool</p> <p>10:15 AM Gentle Yoga Micara B</p> <p>1:30 Enhance Fitness B (Registration Required)</p>	<p>8:10 AM Power Waves 21 Susan Pool</p> <p>9:30 AM Reading Buddies Child Care/Child Watch</p> <p>10:00 AM-11:00 AM Coffee & Cribbage Lobby</p> <p>11:15 AM FW Cardio Karen B</p>	<p>8:10 AM Water Fitness 22 Susan Pool</p> <p>10:15 AM Gentle Yoga Pamela B</p> <p>12:15 PM FW Strength Autumn B</p> <p>1:30 PM Enhance Fitness B (Registration Required)</p>	<p>8:10 AM Power Waves 23 Susan Pool</p> <p>10:00-11:00 AM Coffee & Cards Lobby</p> <p>11:15 AM FW Balance Tammi B</p> <p>12:00 PM Lunchtime Laps Track</p> <p>1:00 PM FW Cardio Jolene B</p>	<p>8:10 AM Water Fitness 24 Kristi Pool</p> <p>9:15 AM Zumba Gold Jolene B</p> <p>10:15 AM Gentle Yoga Mia B</p> <p>1:30 PM Enhance Fitness B (Registration Required)</p>
<p>8:10 AM Water Fitness 27 Susan/Gary Pool</p> <p>10:00-11:00 AM Water Walking Pool</p> <p>10:15 AM Gentle Yoga Micara B</p> <p>1:30 Enhance Fitness B (Registration Required)</p>	<p>8:10 AM Power Waves 28 Susan Pool</p> <p>9:30 AM Reading Buddies Child Care/Child Watch</p> <p>10:00 AM-11:00 AM Coffee & Cribbage Lobby</p> <p>11:15 AM FW Cardio Karen B</p>	<p>8:10 AM Water Fitness 29 Susan Pool</p> <p>10:15 AM Gentle Yoga Pamela B</p> <p>12:15 PM FW Strength Autumn B</p> <p>1:30 PM Enhance Fitness B (Registration Required)</p>	<p>8:10 AM Power Waves 30 Susan Pool</p> <p>10:00-11:00 AM Coffee & Cards Lobby</p> <p>11:15 AM FW Balance Tammi B</p> <p>12:00 PM Lunchtime Laps Track</p> <p>1:00 PM FW Cardio Jolene B</p>	<p>8:10 AM Water Fitness 31 Kristi Pool</p> <p>9:15 AM Zumba Gold Jolene B</p> <p>10:15 AM Gentle Yoga Mia B</p> <p>1:30 PM Enhance Fitness B (Registration Required)</p>

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