

FEBRUARY 2025

FOREVERWELL (65+)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:10 AM Water Fitness 3 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 4 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 5 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 6 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 Dance B</p>	<p>8:10 AM Water Fitness 7 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 10 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 11 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 12 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 13 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 Dance B</p>	<p>8:10 AM Water Fitness 14 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 17 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 18 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 19 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 20 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 Dance B</p>	<p>8:10 AM Water Fitness 21 Pool 9:15 AM Zumba Gold B 10:15 AM Gentle Yoga B 1:30 PM Enhance Fitness B (Registration Required)</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:10 AM Water Fitness 24 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 25 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 26 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 27 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 Dance B</p>	<p>8:10 AM Water Fitness 28 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.