FEBRUARY 2025

FOREVERWELL (65+)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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)	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	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)	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	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)
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)	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	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)	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	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)
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)	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	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)	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	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)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:10 AM Water Fitness 24	8:10 AM Power Waves 25	8:10 AM Water Fitness 26	8:10 AM Power Waves 27	8:10 AM Water Fitness 28
Pool 9:00-10:00 AM Water	Pool 9:30 AM Reading Buddies	Pool 10:15 AM Sound Healing	Pool 10:00-11:00 AM Coffee &	Pool 9:15 AM Zumba Gold
Walking Pool	Child Care/Child Watch	B	Cards Lobby	B
10:15 AM Gentle Yoga B	10:00 AM-11:00 AM Coffee & Cribbage Lobby	12:15 PM FW Strength	11:15 AM FW Balance	10:15 AM Gentle Yoga I 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 1:00 PM FW Cardio Dance B	B (Registration Required)

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