

APRIL 2025

FOREVERWELL (65+)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:10 AM Power Waves 1 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 2 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 3 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 4 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 7 Pool 9:00-10:00 AM Water Walking Pool 10:15 AM Gentle Yoga B 11:15 AM FW Chair Yoga B 1:30 Enhance Fitness B (Registration Required) 5:30 PM Reading Buddies Child Watch	8:10 AM Power Waves 8 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 9 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 10 Pool 9:30 AM Intergenerational Craft Youth Center 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 11 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 14 Pool 9:00-10:00 AM Water Walking Pool 10:15 AM Gentle Yoga B 11:15 AM FW Chair Yoga B 1:30 Enhance Fitness B (Registration Required) 5:30 PM Reading Buddies Child Watch	8:10 AM Power Waves 15 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 16 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 17 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 18 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 21 Pool 9:00-10:00 AM Water Walking Pool 10:15 AM Gentle Yoga B 11:15 AM FW Chair Yoga B 1:30 Enhance Fitness B (Registration Required) 5:30 PM Reading Buddies Child Watch	8:10 AM Power Waves 22 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 23 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 24 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 25 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 28 Pool 9:00-10:00 AM Water Walking Pool 10:15 AM Gentle Yoga B 11:15 AM FW Chair Yoga B 5:30 PM Reading Buddies Child Watch	8:10 AM Power Waves 29 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 30 Pool 10:15 AM Sound Healing B 12:15 PM FW Strength B		

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