## **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	8:10 AM Power Waves 22	8:10 AM Water Fitness 23	8:10 AM Power Waves 24	8:10 AM Water Fitness 25
Pool	Pool	Pool	Pool	Pool
9:00-10:00 AM Water	9:30 AM Reading Buddies	10:15 AM Sound Healing	10:00-11:00 AM Coffee &	9:15 AM Zumba Gold
Walking   Pool	Child Care/Child Watch	B	Cards   Lobby	B
10:15 AM Gentle Yoga	10:00 AM-11:00 AM Coffee	12:15 PM FW Strength	11:15 AM FW Balance	10:15 AM Gentle Yoga
B	& Cribbage   Lobby	B	B	B
11:15 AM FW Chair Yoga	11:15 AM FW Cardio	1:30 PM Enhance Fitness	12:00 PM Lunchtime Laps	1:30 PM Enhance Fitness
B	B	B   (Registration Required)	Track	B   (Registration Required)
1:30 Enhance Fitness			1:00 PM FW Cardio Dance	
B   (Registration Required)			B	
5:30 PM Reading Buddies				
Child Watch				
8:10 AM Water Fitness 28	8:10 AM Power Waves 29	8:10 AM Water Fitness 30		
Pool	Pool	Pool		
9:00-10:00 AM Water	9:30 AM Reading Buddies	10:15 AM Sound Healing		
Walking   Pool	Child Care/Child Watch	B		
10:15 AM Gentle Yoga	10:00 AM-11:00 AM Coffee	12:15 PM FW Strength		
B	& Cribbage   Lobby	B		
11:15 AM FW Chair Yoga	11:15 AM FW Cardio			
B	B			
5:30 PM Reading Buddies				
Child Watch				

<sup>\*\*\*</sup> ALL CLASSES SUBJECT TO CHANGE OR CANCELLATION BASED ON INSTRUCTOR AVAILABILITY OR UNFORSEEN EVENTS.