

JUNE 2025

FOREVERWELL (65+)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:10 AM Water Fitness 2 Pool 10:15 AM Gentle Yoga B 11:15 AM FW Cardio B 1:30 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	8:10 AM Water Fitness 4 Pool 1:30 Enhance Fitness B (Registration Required)	8:10 AM Power Waves 5 Pool 10:00-11:00 AM Coffee & Cards Lobby 11:15 AM FW Strength B	8:10 AM Water Fitness 6 Pool 9:15 AM Gentle Rhythms B 10:15 AM Gentle Yoga B 1:30 Enhance Fitness B (Registration Required)
8:10 AM Water Fitness 9 Pool 10:15 AM Gentle Yoga B 11:15 AM FW Cardio B 1:30 Enhance Fitness B (Registration Required)	8:10 AM Power Waves 10 Pool 10:00 AM-11:00 AM Coffee & Cards Lobby 11:15 AM FW Balance B	8:10 AM Water Fitness 11 Pool 1:30 Enhance Fitness B (Registration Required)	8:10 AM Power Waves 12 Pool 10:00-11:00 AM Coffee & Cards Lobby 11:15 AM FW Strength B	8:10 AM Water Fitness 13 Pool 9:15 AM Gentle Rhythms B 10:15 AM Gentle Yoga B 1:30 Enhance Fitness B (Registration Required)
8:10 AM Water Fitness 16 Pool 10:15 AM Gentle Yoga B 11:15 AM FW Cardio B 1:30 Enhance Fitness B (Registration Required)	8:10 AM Power Waves 17 Pool 10:00 AM-11:00 AM Coffee & Cards Lobby 11:15 AM FW Balance B	8:10 AM Water Fitness 18 Pool 1:30 PM Enhance Fitness B (Registration Required)	8:10 AM Power Waves 19 Pool 10:00-11:00 AM Coffee & Cards Lobby 11:15 AM FW Strength B	8:10 AM Water Fitness 20 Pool 9:15 AM Gentle Rhythms 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 23 Pool 10:15 AM Gentle Yoga B 11:15 AM FW Cardio B 1:30 Enhance Fitness B (Registration Required)	8:10 AM Power Waves 24 Pool 10:00 AM-11:00 AM Coffee & Cribbage Lobby 11:15 AM FW Balance B	8:10 AM Water Fitness 25 Pool 1:30 PM Enhance Fitness B (Registration Required)	8:10 AM Power Waves 26 Pool 10:00-11:00 AM Coffee & Cards Lobby 11:15 AM FW Strength B	8:10 AM Water Fitness 27 Pool 9:15 AM Gentle Rhythms B 10:15 AM Gentle Yoga B 1:30 PM Enhance Fitness B (Registration Required)
30 8:10 AM Water Fitness Pool 10:15 AM Gentle Yoga B 11:15 AM FW Cardio B 1:30 Enhance Fitness B (Registration Required)				

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

Class Descriptions

ENHANCE@FITNESS: This class is an evidence-based group exercise arthritis and falls prevention program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. ***This program runs 16 weeks at a time. Registration is required.***

FW CARDIO: This Foreverwell Cardio class is low impact and easy on the joints, intended to improve cardiovascular health. Participants can take the class standing or seated in a chair.

FW STRENGTH: This Foreverwell Strength class is designed to help participants improve their bone density, muscular strength, and range of motion. We will use a variety of equipment such as dumbbells, resistance bands and balls. Participants can take this class standing or seated in a chair.

FW BALANCE: This Foreverwell Balance class is designed to help participants improve their coordination and balance to help prevent falls. Chairs will be used for assistance.

GENTLE YOGA: A low intensity class that will help improve flexibility, strength and balance.

GENTLE RHYTHMS: Is a modified dance class for active older adults that includes dance moves you love at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.

WATER FITNESS: This water fitness class will use a combination of shallow and deep-water exercises that will include cardio and muscle strengthening. Suitable for all levels.

POWER WAVES: A higher intensity aqua workout with interval training and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility.