

MAY 2025

FOREVERWELL (65+)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			8:10 AM Power Waves 1 Pool 10:00-11:00 AM Coffee & Cards Lobby 11:15 AM FW Balance B 1:00 PM FW Cardio Dance B *Enhance Fitness Registration Opens*	8:10 AM Water Fitness 2 Pool 9:15 AM Zumba Gold B 10:15 AM Gentle Yoga B
8:10 AM Water Fitness 5 Pool 9:00-10:00 AM Water Walking Pool 10:15 AM Gentle Yoga B 11:15 AM FW Chair Yoga B	8:10 AM Power Waves 6 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 7 Pool 10:15 AM Sound Healing B 12:15 PM FW Strength B	8:10 AM Power Waves 8 Pool 9:30 AM Intergenerational Craft Youth Center 10:00-11:00 AM Coffee & Cards Lobby 11:15 AM FW Balance B 1:00 PM FW Cardio Dance B	8:10 AM Water Fitness 9 Pool 9:15 AM Zumba Gold B 10:15 AM Gentle Yoga B
8:10 AM Water Fitness 12 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)	8:10 AM Power Waves 13 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 14 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 15 Pool 10:00-11:00 AM Coffee & Cards Lobby 11:15 AM FW Balance B 1:00 PM FW Cardio Dance B	8:10 AM Water Fitness 16 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 19 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)	8:10 AM Power Waves 20 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 21 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 22 Pool 10:00-11:00 AM Coffee & Cards Lobby 11:15 AM FW Balance B 1:00 PM FW Cardio Dance B	8:10 AM Water Fitness 23 Pool 9:15 AM Zumba Gold B 10:15 AM Gentle Yoga B 1:30 PM Enhance Fitness B (Registration Required)
26 Memorial Day – YMCA Closed	8:10 AM Power Waves 27 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	28 National Senior Health & Fitness Day - Special Classes & Events! (see schedule below)	8:10 AM Power Waves 29 Pool 10:00-11:00 AM Coffee & Cards Lobby 11:15 AM FW Balance B 1:00 PM FW Cardio Dance B	8:10 AM Water Fitness 30 Pool 9:15 AM Zumba Gold B 10:15 AM Gentle Yoga B 1:30 PM Enhance Fitness B (Registration Required)

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

Sign-up sheets for Reading Buddies and Intergenerational Crafts are on the ForeverWell board in the lobby.

May 28th National Senior Health & Fitness Day Schedule:

- 8 am- Noon: All senior focused ForeverWell Group Fitness classes.
- 9 am- 11am: Free blood pressure checks.
- 10 am -11 am: Flower Bed Planting.
- 12 pm- 1 pm: Special speaker and lunch provided.
- 1 pm – 1:30 pm: Bingo + Prizes and Giveaways!
- Any senior in the community, 65 and older, can attend this day at the Y for free.