



JULY FOREVERWELL SCHEDULE

Alexandria Area YMCA

MON	TUE	WED	THU	FRI
	1 Power Waves 8:10 am Pool Coffee & Cards 10:00 am Lobby FW Balance 11:15 am B	2 Water Fitness 8:10 am Pool Enhance Fitness 1:30 pm B <i>(Registration Required)</i>	3 Power Waves 8:10 am Pool Coffee & Cards 10:00 am Lobby FW Strength 11:15 am B	4 YMCA Closed
7 Water Fitness 8:10 am Pool Gentle Yoga 10:15 am B FW Cardio 11:15 am B Enhance Fitness 1:30 pm B <i>(Registration Required)</i>	8 Power Waves 8:10 am Pool Coffee & Cards 10:00 am Lobby FW Balance 11:15 am B	9 Water Fitness 8:10 am Pool Enhance Fitness 1:30 pm B <i>(Registration Required)</i>	10 Power Waves 8:10 am Pool Coffee & Cards 10:00 am Lobby FW Strength 11:15 am B	11 Water Fitness 8:10 am Pool Dance Fit Ease 9:15 am B Gentle Yoga 10:15 am B Enhance Fitness 1:30 pm B <i>(Registration Required)</i>
14 Water Fitness 8:10 am Pool Gentle Yoga 10:15 am B FW Cardio 11:15 am B Enhance Fitness 1:30 pm B <i>(Registration Required)</i>	15 Power Waves 8:10 am Pool Coffee & Cards 10:00 am Lobby FW Balance 11:15 am B	16 Water Fitness 8:10 am Pool Enhance Fitness 1:30 pm B <i>(Registration Required)</i>	17 Power Waves 8:10 am Pool Coffee & Cards 10:00 am Lobby FW Strength 11:15 am B	18 Water Fitness 8:10 am Pool Dance Fit Ease 9:15 am B Gentle Yoga 10:15 am B Enhance Fitness 1:30 pm B <i>(Registration Required)</i>
21 Water Fitness 8:10 am Pool Gentle Yoga 10:15 am B FW Cardio 11:15 am B Enhance Fitness 1:30 pm B <i>(Registration Required)</i>	22 Power Waves 8:10 am Pool Coffee & Cards 10:00 am Lobby FW Balance 11:15 am B	23 Water Fitness 8:10 am Pool Enhance Fitness 1:30 pm B <i>(Registration Required)</i>	24 Power Waves 8:10 am Pool Coffee & Cards 10:00 am Lobby FW Strength 11:15 am B	25 Water Fitness 8:10 am Pool Dance Fit Ease 9:15 am B Gentle Yoga 10:15 am B Enhance Fitness 1:30 pm B <i>(Registration Required)</i>
28 Water Fitness 8:10 am Pool Gentle Yoga 10:15 am B FW Cardio 11:15 am B Enhance Fitness 1:30 pm B <i>(Registration Required)</i>	29 Power Waves 8:10 am Pool Coffee & Cards 10:00 am Lobby FW Balance 11:15 am B	30 Water Fitness 8:10 am Pool Enhance Fitness 1:30 pm B <i>(Registration Required)</i>	31 Power Waves 8:10 am Pool Coffee & Cards 10:00 am Lobby FW Strength 11:15 am B	

*** 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.

DANCE FIT EASE: 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.